

Parenting as a Team



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This workshop is based on concepts from Channing-Bete's "Guiding Good Choices", an evidence-based program



What Do You Value and Where Do Your Values Come From?



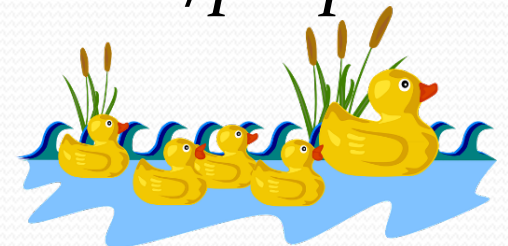
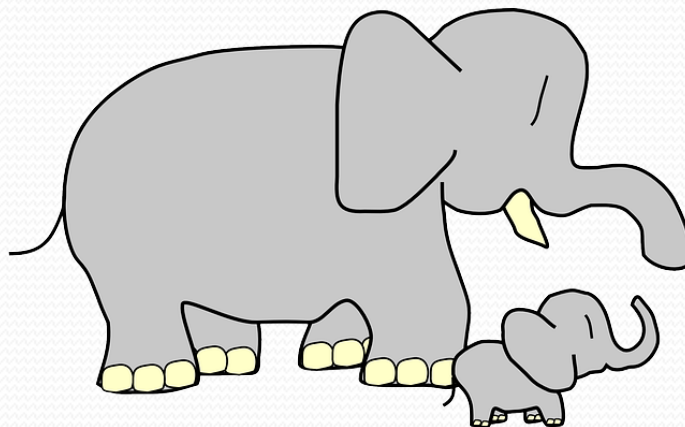
The best times
in life are
usually random,
unplanned and
completely
spontaneous



Parenting as a Team (aka Co-Parenting)

is for ...

- Married parents
- Separated or divorced parents
- Single parents
- Extended family (grandparents, other caregivers)
- Blended families
- *Anyone caring for a child with another person/people*



Co-parenting

Successful (Ideal version)

- All parties share similar priorities
- All parties have good communication skills
- All parties are able to exhibit ability to manage emotions like anger and resentment
- Consistent and proactive

Challenges

- Conflicting priorities
- Use of child as go-between
- Acting out other conflicts through the co-parenting relationship
- Emotional and reactive
- Inconsistent physical or emotional presence



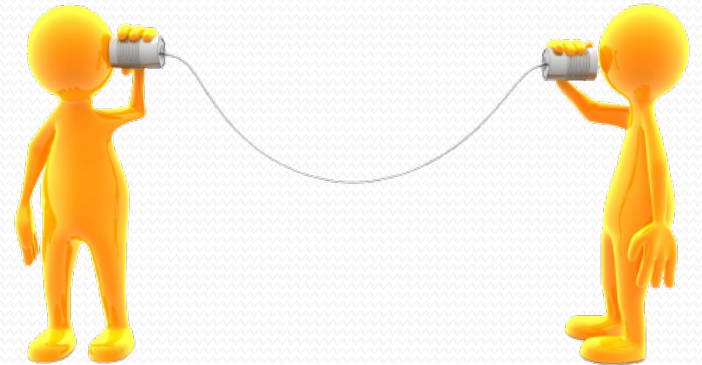
How to deal with conflicting values

- COMMUNICATION

- Active listening
 - Checking in on what you have understood
 - I-messages

- RESPECT

- Keeping emotions in check
- Emotional Bank Account concept



The Emotional Bank Account

<https://nayabimtiazi.files.wordpress.com/2013/07/habit4b.jpg>

DEPOSITS

- *Keep promises.*
- *Be kind and courteous.*
- *Be loyal.*
- *Listen.*
- *Apologize.*
- *Set clear expectations.*

WITHDRAWALS

- *Break promises.*
- *Be unkind and discourteous.*
- *Be disloyal; bad-mouth.*
- *Don't listen.*
- *Be arrogant.*
- *Create false expectations.*



Communication



- Always provide the other parent with information you would expect that parent to give you
- Keep your cool and think through your response before replying
- Child should see the end result of co-parenting, not the process
- When possible, use validation
- Email can be useful as it provides both you and your co-parent with a written record



Use “I” messages



- *Express thoughts, feelings, solutions without attacking or attaching blame.*
- Can help facilitate communication
- Use “I think...” or “I feel...” help clearly identify your personal perspective.
- Explain the behavior or action that brought on the thought or feeling by using “when...”
- Connect your thought and explanation “I feel... when...” in a way that allows your co-parent to hear your message.



When a child witnesses anger between the parenting team members

- “Children learn what they live”
- Behavioral and emotional problems
- Academic concerns
- Stress reactions (bed-wetting, isolation, acting out, substance use)
- Modeling of what a relationship is like
- Negative effects in home, school and workplace



Conflict resolution elements:

- Ability to regulate emotions
- Ability to listen and respond
- Ability to speak one's mind with respectful tone
- Ability to see another side to an issue
- Positive effects in home, school, workplace



WDEP - A Problem-Solving Method

- WANT: Define and clarify what you want?
 - Is it reasonable/attainable?
 - Does it focus on adult or child relationship?
 - Pick your spot
- DOING: What am I currently doing to address this?
 - Examine your total behavior – feelings, self-talk and actions
- EVALUATE: How are my current actions helping or hurting what I want?
- PLAN: What can I do moving forward?
 - Result – specific and attainable positive plans
 - Brainstorming, feedback, information, third party help
 - Pick your spot



Additional resources

- Spenj.org
- COPE Center

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THANK
YOU

