

## **Pocket Reference:**

### Parenting as a Team: Creating Your Parenting Playbook

#### **Building Your Emotional Bank Account**

- Be a careful listener
- Make a good effort to understand one another
- Attend to the little things
- Tell the truth
- Keep promises
- Have personal integrity
- Apologize sincerely for “withdrawals” (not only with words, but also with actions)
- Remember – A positive attitude is free!

#### **Successful Co-Parenting**

- Communications is key: be respectful; use “I” statements which keep the focus on what you feel about a certain behavior or issue; be an active listener; pick a good time to talk; solve disagreements together.
- Create a “united front.” Work out general discipline strategies, rules and consequences ahead of time, before sitting down with your child.
- Avoid conflicting messages or decisions. Your child will quickly learn which parent to go to for the answer they want.
- Call a parents “time out” for you and your partner to discuss how to handle an issue so you can present a united front to your child.
- Be good role models in your relationship as co-parents. Children learn by example.
- Give each other a chance to learn and learn more about parenting together, sharing what you’ve read and discuss what you’ve learned.
- If you and your co-parent have separate households, keep lines of communications open, respect each other’s rules and don’t use your child as a weapon or pawn in any conflicts you may have with your co-parent.

#### **Problem Solving**

- WANT: Is what you want reasonable/attainable: does it focus on the adult or child relationship? Pick your spot.
- DOING: What am I/we currently doing to address this?
- EVALUATE: How are my/our current actions help or hurting what I/we want?
- PLAN: What can I do moving forward? Brainstorming, feedback, information, third party help. Pick your spot.

#### **Further Reading**

*Co-Parenting: Together or Apart.* A free booklet available from the State Department of Children and Family Services (<http://www.nj.gov/dcf/news/publications/parenting.html>)

*When Parents Disagree: 10 Ways to Parent as a Team*

(<https://www.empoweringparents.com/article/when-parents-disagree-10-ways-to-parent-as-a-team/>)

*Partners in Parenting* (<http://centerforparentingeducation.org/library-of-articles/focus-parents/partners-parenting-working-together-team/>)

**Co-Parenting Tips for Divorced Parents** (<http://www.helpguide.org/articles/family-divorce/co-parenting-tips-for-divorced-parents.htm>)