

Blueprint for Co-Parenting



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Communicate
Openly &
Respectfully

Communication is key in any relationship, and co-parenting is no exception. Make sure that the lines of communication are open between you and your co-parent. Be respectful and avoid using negative language or making assumptions. Use "I" statements to express your feelings and needs, and actively listen to your co-parent's concerns. When communicating, focus on the well-being of your children and set aside any personal grievances.

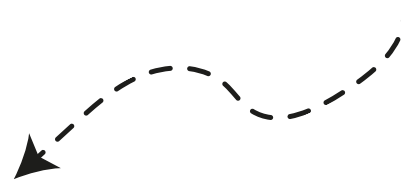
Try these
phrases

- I understand that ...
- Can you help me understand ...
- I would appreciate it if ...
- Let's work together to ...
- What are your thoughts on ...
- I feel when ...
- I hear what you're saying, but ...
- Can we find a compromise that works for both of us?
- Thank you for sharing your perspective, let me share mine...

Amanda Irtz, Parent Coach & Expert

A co-parenting plan outlines the agreed-upon rules, schedules, and responsibilities for raising your children. It helps provide structure and consistency for your children and reduces potential conflict between you and your co-parent. Develop a co-parenting plan that works for both parties and stick to it as closely as possible. Be open to making changes to the plan as needed to better suit the needs of your children.

Create and Follow a Parenting Plan



Top Tip for Parenting Plans

Schedule and Routine - Consistency is key for children. This includes parenting time, drop-off and pick-up times, holidays, and special occasions. Additionally, make sure to address any potential conflicts or changes that may arise and have a plan in place to handle them.

Get Support



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Sometimes, co-parenting challenges can become too difficult to navigate on your own. Working with a parenting coach can help you gain a new perspective on your situation, develop effective communication strategies, and create a co-parenting plan that works for you and your family. When looking for a parenting coach, make sure to choose someone who has experience in co-parenting and understands the unique challenges associated with it. .

Amanda Irtz, Parent Coach & Expert

Calm Path to Co-Parenting



3 Ways Parents Can Improve Communication with Co-Parents During or After a Divorce

Navigating communication with a co-parent during or after a divorce can be one of the most challenging aspects of parenting. But even when a relationship ends, the way you communicate with your co-parent is essential for your children's emotional, mental, and physical well-being. Here are three ways to improve communication with your co-parent during or after a divorce.

My Personal Journey with Co-Parenting Communication

When I first found myself in the grips of a divorce, I thought I had failed—not just in maintaining a relationship, but in showing my children how to work through conflict. I tried to communicate, and I tried again, but the communication between my co-parent and me became so strained that I reached a point where I didn't want to say anything at all. Every conversation seemed to lead to an argument, and as much as avoiding these

conversations pleased my nervous system, it didn't align with my values of bettering myself and modeling strong communication for my kids. I wanted to show my children what it means to communicate with grace, even in difficult situations. I knew that if I could navigate this challenging terrain, I could not only improve my own well-being but also provide a powerful example for my children about how to handle conflict with integrity. Parenting is challenging on its own, but parenting through and after a divorce or separation is something that very few people actually want to talk about. So, let's talk about it now.

In this article ...

Prioritize Your Child's Wellbeing

Establish Clear Boundaries and Expectations

Importance of Ongoing Communication

Next Step to Improve Your Co-Parenting Communication



Prioritize Your Child's Well-Being

The most crucial aspect of co-parenting communication is keeping the focus on your children. All decisions, discussions, and interactions should center around their needs and well-being. This might mean putting aside personal feelings and emotions about your ex-partner to focus on what is best for your child. Research shows that children of divorced parents who maintain positive and cooperative communication with both parents tend to have better mental health outcomes, including lower rates of anxiety, depression, and behavioral problems.

Establish Clear Boundaries & Expectations

Clear communication is key to successful co-parenting. Establishing boundaries and setting expectations around how and when you will communicate can prevent misunderstandings and conflicts. Whether it's deciding on specific times for check-ins or agreeing on the best ways to share updates about your child, being clear about your expectations can make a world of difference.

Practical Tip: Consider setting up a shared calendar for important dates, such as school events, medical appointments, and extracurricular activities. This helps both parents stay informed and reduces the need for constant back-and-forth communication.

Practical Tip: Before engaging in any conversation with your co-parent, take a moment to center yourself and remember that the discussion is about your child's needs. Use phrases like "For the sake of our child..." or "Let's focus on what's best for [child's name]..." to keep the conversation on track.



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Active Listening

Active listening is a communication technique that involves fully concentrating, understanding, responding, and then remembering what the other person has said. It's especially important in co-parenting because it demonstrates respect and shows that you are committed to working together for your child's benefit. When both parents feel heard, it's easier to collaborate on decisions and avoid conflicts.

Practical Tip: When your co-parent speaks, listen without interrupting. After they've finished, paraphrase what they said to ensure you understood correctly. For example, "What I hear you saying is that you're concerned about [issue]. Let's figure out how we can address that."

Why Communicate

Even after the divorce is finalized, maintaining effective communication is crucial. Studies indicate that consistent communication between co-parents contributes to better emotional adjustment and academic success for children. It reduces the likelihood of children feeling caught in the middle or having to choose sides, which can be psychologically damaging. Furthermore, children benefit from knowing that their parents can still cooperate, providing a sense of stability and security during a turbulent time in their lives.

Parent Coaching

Effective communication with your co-parent can make a significant difference in your child's life. If you're struggling with how to navigate this aspect of co-parenting, I invite you to book a strategy session with me. Together, we can create a communication plan tailored to your unique situation, ensuring that your child's needs remain the top priority.



A Few Notes from Your Parent Coach, Amanda Irtz

- Parenting is hard. Parenting with a co-parent or ex-partner puts another layer of stress in parenting. Get support as soon as you feel the overwhelm creeping in.
- Your communication is key. Regardless of how angry or resentful you are, be sure to have an outlet to put this energy.
- Your kids do see and hear everything (and that includes the good things).
- You are not your divorce. You can rise above what happened yesterday. Partner with me to get there.



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Book a strategy session today.
 ←..... Feel relief from the struggle
 and get guidance today.