



Your Divorce Advocate

Creating Clarity out of Chaos

Co-Parenting Tips

- Assume positive intent in all communications and interactions.
- Put the children's best interest first when making decisions related to the other parent's requests.
- Keep the other parent in the loop on all important things related to the children (medical issues/appointments, educational updates, emotional issues, anything the other parent should acknowledge and applaud, etc.
- Make transfers from one parent to the other a positive experience for your children.
- Keep track of any changes or deviations to the parenting schedule (it's recommended that this is done on a calendar that can be saved if needed for reference in the future).
- Give as much notice as possible for any requests to changes to the parenting schedule i.e., when wanting to take the children on a trip or vacation.
- Attend your child's school activities, sporting events and extracurricular activities even if your co-parent will be there.
- It's important not to bad mouth the other parent in the presence of your children.
- At no time should you ask your children to spy on the other parent or inform you when they have done something wrong or that you may not like.

Kelly Myers, Your Divorce Advocate

www.yourdivorceadvocate.com

ph: 858-276-0899 email: kelly.myers@yourdivorceadvocate.com

- Your children should not be asked to deliver messages to the other parent.
- At no time should you use your child to deliver child and/or spousal support checks to the other parent.
- On no occasion should you ask your children who they'd prefer to be with or to express their loyalty to you over the other parent.
- It's important not to share your feelings of loneliness or depression with your children.
- At no time should you use your children as leverage to get what you want from the other parent.
- You should not withhold support payments to bully the other parent into meeting your demands.
- If your child asks you to buy something, it's important not to tell the child to ask the other parent to pay for it. Work that out privately with your co-parent.
- Be careful not to put in writing anything to your ex-spouse that you wouldn't want a judge to read.
- Be conscientious of everything you post on social media to ensure that the content can't be perceived as negative or controversial about yourself or your ex.

**This is just a general list of co-parenting tips.
When all else fails, please remember to love your
kids more than you dislike your ex.**

Kelly Myers, Your Divorce Advocate

www.yourdivorceadvocate.com

ph: 858-276-0899 email: kelly.myers@yourdivorceadvocate.com