

10 Tips to Successful Co-parenting

Inevitably, it can be difficult to co-parent following divorce. It is important to remember that you need to stay focused on the best interests of your children, and not yourself. Do not let the anger at your ex-spouse become your primary focus. Here are some rules parents can follow in order to successfully co-parent with their former spouse.

1. Cooperate with your former spouse. Children whose parents can communicate productively and civilly have fewer problems dealing with [divorce](#).
2. Communicate openly about parenting time. Let the other parent know when you will be late on pick-ups or drop offs—honesty and communication makes a great difference.
3. Facilitate parenting time with your child's other parent. Encourage your children to spend time with each parent, and be loyal to each parent.
4. Treat your former spouse as you would a business colleague. Follow through on commitments in a responsible and mature fashion, as you would in a business relationship.
5. Every child needs time alone with each parent.
6. Be honest with your children.
7. Do everything you can to keep your child from feeling emotionally involved in the conflict. Do not ask prying questions about the other parent, or ask your child to act as a messenger.
8. Teach your children how to communicate their feelings of stress about

being caught in the middle. Teach your children that it is OK to tell either parent that they feel uncomfortable talking about the other.

9. Find a good support network for yourself. Talk with friends or see a counselor to avoid depending on your child to support you through your divorce.

10. When you start dating, be careful about making your new partner a part of the family too soon. Wait until you are sure that the relationship will be long term before introducing new partners to your children.

If you are in the midst of a divorce and need legal advice, contact Petrelli Law at 215.523.6900 for a consultation about your situation.