Do’s and Don’ts of Co-Parenting

**Do’s**

* Follow custody orders
* Communicate with your partner/ex
  + Use co-parenting apps if needed
  + Consider any court orders
* Talk positively about your partner/ex to your child
* Have a goal for consistency
  + Consistent rules, bedtime, discipline, etc.
* Discuss others’ roles in your child’s life
* Recognize that you will have conflict and follow Fair Fighting Rules
* Be aware that children will try to test boundaries and may try to play one parent against the other
  + This is why positive communication and consistency is key!
* Have a good routine
* Update each other on “the big things”
* Put child’s needs first

**Don’ts**

* Don’t overburden your child
  + Children should not be in charge of communication, schedules, etc.
* Don’t confide in your child
  + It is not age appropriate for your child to be involved in your relationship
* Don’t jump to conclusions
* Don’t try to be the “fun parent” only
* Don’t accuse. Discuss first and then act.