

Co-Parenting

For those who have children from previous relationships!

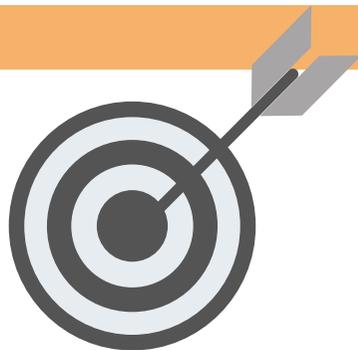
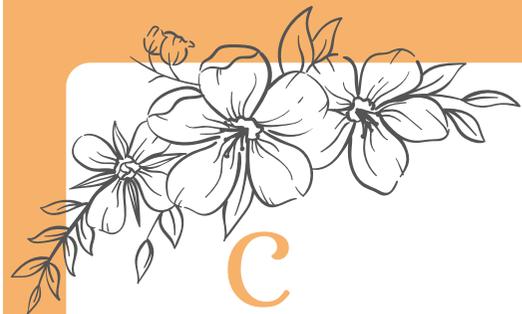


How would you describe your relationship with the other parent of your child? IE high conflict, minimal conflict

What is your main goal when engaging the other parent of your child?

What are some improvement areas to make this a more successful co-parenting relationship?

How can your current partner help and support these improvements?



C

O

P

A

R

E

N

T

Co-Parenting

Parents who problem solve together in the best interest of the child(ren). Communication is consistent and parenting is connected.



P

A

R

A

L

L

E

L

Parallel Parenting

Parents who struggle to interact in any healthy manner. Communication and overlap in parenting is very separate.