

# Co-Parenting Communication

For those who have children from previous relationships!



On a scale of 1-10 how successful are you currently co-parenting? What needs improvement?

What are your current effective strategies to co-parent?

What are some **communication** improvements to make this a more successful co-parenting relationship?

What is one co-parenting goal you have for this year?



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*Communication suggestions to consider:*

- Have a notebook that travels with the child
- Parenting communication apps
- Set specific times to communicate on a consistent basis
- Inquire about what each person feels is important to know when it comes to the child (ex. sleeping patterns, eating habits, school information, medical information)
- Shared calendar for child's schedule