

Parallel & Co-Parenting



FAMILY

FIRST DAY OF SCHOOL *Traditions*

1. Text or email a back-to-school picture to the other parent. Even if you don't believe they care and don't deserve it; even if you don't feel like communicating with them. Do it anyway.

2. Encouraging your child to call his or her other parent after their first day back. Even if it's not his or her day for a scheduled call; even if they just saw them yesterday or are going to see them in a day to two; even if your child is tired and says they don't want to. Do it anyway.

3. Share anything sent home by the teacher or school with the other parent. Even if they can get it online; even if they should have their own copy. Do it anyway.

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How to communicate by email.

START WITH A GREETING

"GOOD MORNING/AFTERNOON/EVENING"

EMAIL BODY

STATE THE FACTS.

LIMIT YOUR EMOTIONS.

WHAT IS THE MESSAGE YOU NEED TO LET
YOUR EX KNOW REGARDING THE CHILD?

"M's dance recital is at dance school (123 this street)
this Saturday at 2 PM."

CLOSE THE EMAIL

OPTIONAL BUT A NICE GESTURE.

"KIND REGARDS"

Yeah, I know you
don't want to but
be nice!

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How to communicate

TREAT IT LIKE A

BUSINESS RELATIONSHIP

ONLY COMMUNICATE THROUGH EMAIL

DON'T USE THE CHILDREN AS

MESSENGERS

ONLY COMMUNICATE BY PHONE IF

THERE IS A REAL EMERGENCY

KEEP THE CHILDREN THE FOCUS

OF ALL COMMUNICATION

EVERY EMAIL DOES NOT

DESERVE A RESPONSE

CONDUCT VISITATION EXCHANGE

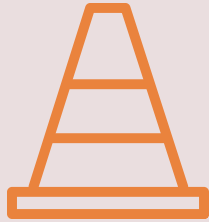
IN A PUBLIC PLACE

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Instead of Reacting

I know you did that on purpose!

You never put the kids first!

All you think about is yourself!

This is why the kids don't want to be with you!



Focus on Responding

Can we work together to find a solution for the kids?

Let's talk about what the kids say to each of us about this.

Ultimately, the choice is yours, but I'd like to tell you what the kids say.

I don't want to argue with you I'd like to find a solution.