

5 Steps
You Can Take NOW to

Improve Your COPARENTING RELATIONSHIP



**Intropective
Comprehensive
CoParenting**

1. Remain Calm

Stress and tension make communication more difficult. Remaining calm during your interactions with your coparent will decrease the likelihood of miscommunication.

2. Stay Focused on the Present

Yes, there is a lot of history with your coparent, but if you focus on the past you will not move forward. We are not saying to forget events that occurred in the past, but do base decisions on your current circumstances and not on situations that occurred several months (or years) ago.

3. Limit Input from Outsiders

Support from friends and family is essential. Share your coparenting concerns with one or two close confidants and ask them to keep your worries private. Sharing too much information with too many people can lead to others interfering in your coparenting relationship and adding to existing tension, confusions, or miscommunication.

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4. Understand Before You Respond

Before you respond to your coparent be sure that you are focused on their question or request. Make sure you understand the details. If necessary, ask questions to clarify what they are saying. When you do respond, be confident that you are providing a clear, non-equivocal response.

5. Focus on Your Time with Your Child(ren)

Your coparent will do some things (or everything) different than you would do them. However, trying to make them do things your way will lead to increased tension and resentment for both of you. Focus on how you want to spend time with your children during your parenting time and allow them to decide what occurs during their parenting time.

