

Scroll down to continue



Part Four

Parenting



Understanding Parenting

- Traditional Parenting
 - Intact family in home
- Parallel Parenting
 - Separate homes with separate rules
 - Recognition and respect of other parent's parenting style
 - Child's challenges adjusting and adapting to two sets of rules & expectations



Understanding Co-parenting

- Important points about co-parenting
 - Working together, communicating, and supporting each other—for the sake of your children

 - The 3 “C’s” of Co-Parenting:
 - Communication
 - Collaboration
 - Coordination

Communication is the Key to Successful Co-parenting

- Sharing information regarding child's activities
- Listening
- Maintain focus on children
- Avoid conflict while children are in earshot
- Timeouts when conversation is tense





Co-parenting Tips

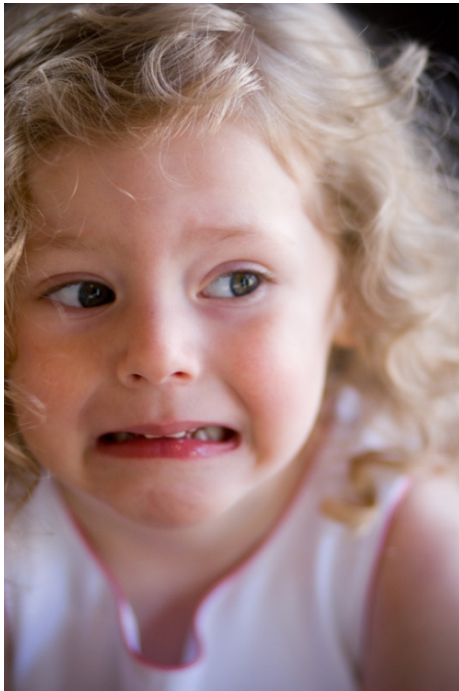
- Be respectful of each parents' role in child's emotional development
- Respect each other's point of view
- Maintain flexibility for child's needs
 - Vacations, Special Events, Illness
- Consistency in routine between both homes as much as possible
 - Bedtimes, Nutrition, Hygiene, Homework, TV & Computer, Discipline

Problems You Can Avoid

- Using your child as a spy, messenger, pawn, or bargaining chip
- Criticizing the other parent in front of them
- Making your child take sides
- Withholding your love when you are angry with the other parent



More Problems to Avoid



- Withholding visits
- Arguing in front of your child
- Speaking negatively about the other parent or their loved ones
- Focusing on the small stuff, remember the bigger picture
- Excluding the children from their extended family members, including half and step siblings and grandparents

Available Services

- Parent Education
- Supervised Visitation
- Anger Management
- Counseling
 - Individual Counseling
 - 'Couples' Counseling
 - Parent-child Counseling
 - Reunification Counseling



**For more information, contact Family Court Services
at (707) 299-1240**

Important Reminders

- It is a difficult time for both children and parents
- Your behavior will impact your child's ability to experience healthy future relationships
- Children will need your support





Remember

- Parents who make their own mutual decisions regarding their Parenting Plan are less likely to need future court involvement and are generally happier with the outcome
- Parenting continues beyond your child's 18th birthday

End of Part Four

 [Click here to continue](#)