

RULES FOR CO-PARENTING
Courtesy of Dot Tetreault, MSW, ACSW

DO NOT talk negatively or allow others to talk negatively about the other parent, their family, friends, or their home, in hearing range of the children. This includes: belittling remarks, ridicules, or bringing up allegations that are valid or invalid about adult issues.

DO communicate with the other parent to make similar rules in reference to discipline, routines, sleeping arrangements, and schedules. Appropriate discipline should be mutually agreed upon.

DO NOT question the children about the other parent, their activities or personal lives. In specific terms, do not use the children to spy on the other parent.

DO notify the other parent in a timely manner the need to deviate from the parenting plan, including canceling time with the children, rescheduling, and promptness.

DO NOT schedule activities for the children during the other parent's time without the other parent's consent. Both parents need to work together to allow the children to be involved in extracurricular activities.

DO make parenting time arrangements and confirmations beforehand with the other parent, without the children present.

DO NOT make promises to the children to win them over at the expense of the other parent.

DO keep the other parent informed at all times of your address and phone number. If you are out of town with the children, do provide the other parent the address and phone number where the children may be reached in case of an emergency.

DO NOT argue or have heated conversations with the other parent when the children are present or during exchanges.

DO keep the other parent informed of any scholastic, medical, psychiatric, or extracurricular activities or appointments of the children.

DO NOT bring the children into adult issues and conversations about custody, the court, or about the other party.

DO refer to the other parent as the children's "mother" or "father" in conversation, rather than using the parent's first name, last name, or "my ex."

DO NOT ask the children where they want to live or alienate the other parent from the children.

DO NOT allow stepparents or others to negatively alter or modify your relationship with the other parent.

DO NOT use phrases that draw the children into your issues or make them feel guilty about the time spent with the other parent.

DO NOT say, "I miss you!"

DO say, "I love you!"

AT ALL TIMES, decisions made by the parents will be for the children's psychological, spiritual, and physical well being and safety.