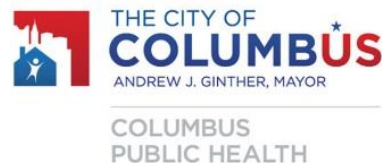




Happy Dads. Healthy Babies.

Infant Vitality Toolkit

Maintaining Healthy Co-parenting Relationships

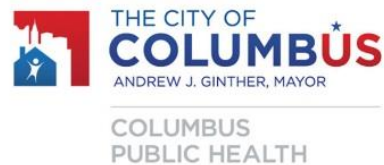


Agenda

- Test Your Knowledge – Pre-Test
- Golden Rule
- Basic Guides for Communication
- Communication Tools
- Tips for Healthy Co-Parenting with a Toxic Ex
- Test Your Knowledge – Post-Test



Pre-Test



Question 1

True or False: Communication is essential for successful co-parenting.

A. True

B. False

Question 2

To avoid co-parenting problems, parents should share information about the child that is:

- A. Accurate
- B. Complete
- C. Timely
- D. All of the above

Question 3

If parents use poor communication skills or communicate in a hurtful or angry way, it can also be bad for the child. To improve co-parenting communication you should:

- A. Be brief, to the point, and stay focused on your child
- B. Avoid criticizing, blaming, or accusing the other parent
- C. Use respectful language, including 'please' and 'thank you'
- D. All of the above

Question 4

True or False: There are a number of tools available to facilitate co-parenting communication, including email, text messages, and telephone calls.

A. True

B. False

Question 5

Which of the following is a suggested way to successfully co-parent with a toxic ex?

- A. Avoid speaking negatively about the other parent to the child
- B. Consider the other parent when making decisions about your child
- C. Respect your child's relationship with the other parent
- D. All of the above

The Golden Rule

- Parents don't always agree but...
- Golden Rule
 - Always provide the other parent information you expect that parent to give to you.



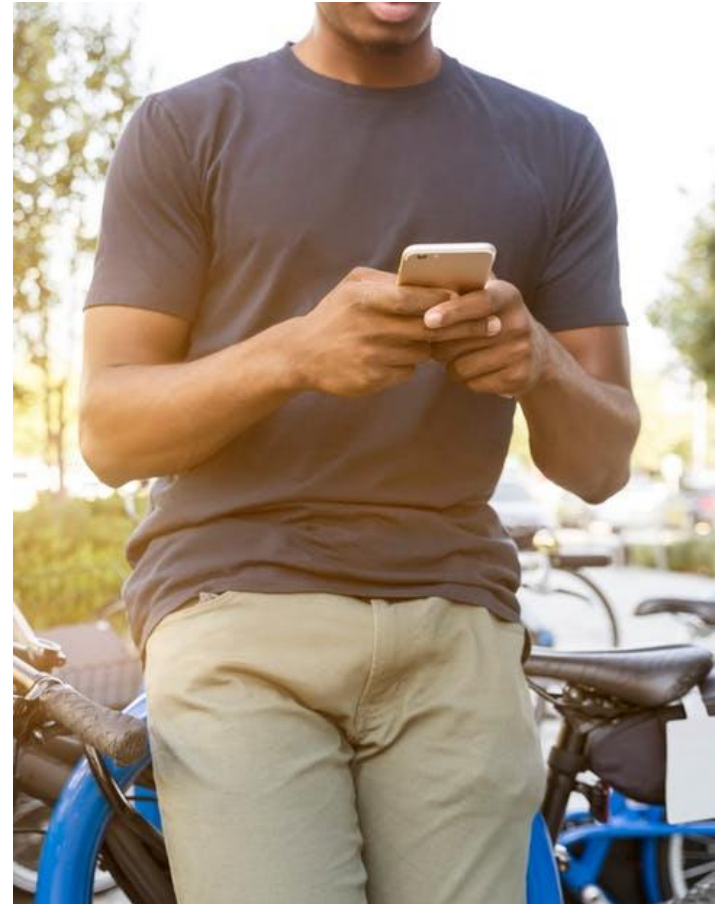
Basic Guides for Communication

- Keep Your Focus
- Keep Your Cool
- Keep It Courteous & Cooperative



Communication Tools

- Email
- Text Messages
- Telephone Calls
- R-E-S-P-E-C-T



Signs of a Healthy Co-Parenting Relationship

1. Have established clear boundaries
2. Established a predetermined schedule that can be counted on
3. Are willing to be flexible
4. Defer to one another for child care instead of a babysitter
5. Have a basic level of agreement on the most important things
6. Don't try to manipulate one another or control their kids' loyalties
7. Talk to one another about schedule changes
8. Their children think they get along pretty well
9. Are able to attend school and extracurricular events without tension
10. Recognize each other as significant influences in their kids' lives

Tips for Healthy Co-Parenting with a Toxic Ex

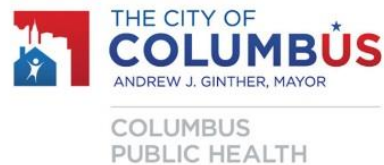
1. Avoid speaking negatively about the other parent to your child.
2. Identify what is most important to you as a parent.
3. Support communication between your child and ex.
4. Consider the other when making decisions about your child.
5. Learn to identify what triggers negative reactions from your ex.
6. Do not provide your child detailed reasons for your split.
7. Respect your children's relationship with the other parent.



QUESTIONS



Post-Test



Question 1

True or False: Communication is essential for successful co-parenting.

A. True

B. False

Question 2

To avoid co-parenting problems, parents should share information about the child that is:

- A. Accurate
- B. Complete
- C. Timely
- D. All of the above

Question 3

If parents use poor communication skills or communicate in a hurtful or angry way, it can also be bad for the child. To improve co-parenting communication you should:

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- D. All of the above

Additional Information

- Association of Family and Conciliation Courts
<http://www.afccnet.org/resource-center/resources-for-families/categoryid/1>
- 7 Tips for Healthy Co-Parenting with a Toxic Ex
<https://www.divorcemag.com/blog/tips-for-healthy-co-parenting-with-a-toxic-ex>
- 10 Signs of a Healthy Co-parenting Relationship
<https://www.verywellfamily.com/signs-of-a-healthy-coparenting-relationship-2997282?print>

Local Resources

- Columbus Urban League – *Father 2 Father Program* <https://www.cul.org/initiatives/father-2-father/>



Columbus
Urban League

*Empowering Communities.
Changing Lives.*

- Turnkey Development Institute – *Dads2B Program* <https://www.turnkeydvi.org/>

