

Establishing a Co-Parenting Relationship

Keep Personal Feelings to Yourself

It's normal to sometimes feel upset, alone and jealous of your partners personal life e.g. if they get a new partner. Don't talk to them about these feelings but rather a friend or support worker.

Respect your ex's Independence

This means respecting the other parents right to make changes & decisions about their personal lives independent of you. This could be a new friend group or new leisure activity they sign up to do.

You can find more helpful advice on similar topics at the Family Space on our website!

Maintain your Independence

Although you are co-parents you also have separate lives. It might help to think of your co-parenting relationship like a business relationship. You and your ex partner can co-parent without being involved in each others personal lives.

You Will Parent Differently

You and the other parent will have different styles of parenting, accept it. In different houses there will be different routines and rules. It is OK for things to be different as long as you agree on the important matters. Kids cope with this quite well to!

Don't let hurt make you act unreasonably

Signs that you are being unreasonable or acting from a place of hurt include, being inflexible around reasonable requests from the other parent. Blocking the other parents contact when you are angry with them. Or changing agreed routines without consulting your ex partner.