

# *Co-Parenting 101*

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WHAT IS CO-PARENTING?  
AND HOW TO START TODAY



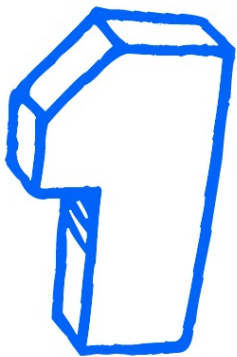
**THEPRICEDYNAMIC**

**"Inspiring Communication that Saves Families"**



**CO-PARENTING DEFINITION- TWO INDIVIDUALS WITH SHARED RESPONSIBILITY FOR RAISING A CHILD OR CHILDREN WITH AGREED UPON VALUES AND STRUCTURE.**

Co-Parenting is not a buzz word although it may sound like one the way the term is thrown around these days. Let's break the term down. Co-Parenting is a "verb" meaning it's an action. One must be sharing parenting duties and responsibilities to consider themselves a co-parent. Couples who are married or simply cohabitating can also consider themselves co-parents. It's important to recognize this as a normal action and not a negative label as a result of not being in a relationship with the child's other parent. Below are examples of effective co-parenting.



Established shared rules for parenting and respect rules that your co-parent has set for their personal home.



Support a sense of agency in your children. Allow them to make their space at each home comfortable for their needs.



Speak positively about your co-parent while in the company of your children. Remaining a team is key!

# *5 Actions You Can Take NOW*

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## *Explain your new family dynamic to your child*

Children are very smart and they know more about you as a parent than you might know about yourself. Chances are they knew that your relationship was ending or they understood you weren't in a relationship to begin with. Respect that they are part of the family dynamic and explain to them how you all plan to work together.

## *Be consistent in your actions and messaging*

Avoid sending conflicting messages about decisions or changing scheduled plans. You want to create an environment of stability therefore being consistent helps your child or children feel secure and know what to expect. Being consistent in actions and messaging avoids disappointment and let downs.

## *Use "family meetings cards" to make decisions*

Children can spot the weakest link. They learn which parent to go to for the answer they want. Using a family meeting structure to make decisions keeps you all on the same page and allows your children to see you as a united front. Should you disagree on something discuss it in private when possible. Family Meeting Cards can be purchased on our website.

## *Give each other time to adjust*

This new normal can take some getting use to for everyone involved. There is no rush to be the perfect co-parents because perfect co-parents do not exist. You will need time to learn how to navigate one parent being the primary source of care and/or disciplinarian so be patient with one another.

## *Find friends or family who are co-parenting*

Seek mentors, families that you see working through the co-parenting family dynamic. Ask them for advice and be open and willing to take feedback. Refrain from discussing your co-parenting obstacles with people who aren't successfully co-parenting. You do not need the negative energy!



# Family MEETING CARDS™

FROM THE PRICE DYNAMIC

## *Thank You...*

THE PRICE DYNAMIC BELIEVES IN THE INHERENT DIGNITY OF ALL CO-PARENTS, THEREFORE YOUR FAMILY IS PRIORITY TO US. ALL OF OUR TOOLS AND PRACTICES HAVE BEEN TRIED AND PROVEN WITH FAMILIES THAT ARE WILLING TO PUT IN THE EFFORT, INCLUDING MY OWN FAMILY. WE RESPECT YOU AS THE EXPERT ON YOUR FAMILY AND WE APPRECIATE YOU ALLOWING US TO BE APART OF YOUR VILLAGE OF SUPPORTERS.

*Warmly,*  
*Alysha Price, CEO & Founder*

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