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Co-parenting: The Golden Rules

1. Make your decisions based on the well being of your children: make your children's needs the top priority.
2. Keep relationship issues and your own emotional issues out of parenting. If you can't, get therapy to help you let go, heal, and move forward.
3. Be respectful at all times. Treat your co-parent as you would like them to treat you.
4. Be reasonable, considerate, and flexible. Learn to take the perspective of the other parent.
5. Use cooperative communication: be civil, not provocative. No name calling. Do not get angry. Do not interrupt. Always take time to think before responding.
6. Don't show your anger. If you get angry, use deep breathing. Take a deep breath to calm down and resume the talk later.
7. Respect the other parent's time with the children. Encourage and support your children's relationship with the other parent.
8. Transitions can be hard for everyone, so keep them routine and polite.
9. Don't interfere with the other parent's parenting style. Remember you can't parent in their home.
10. Keep your children out of any conflict. Never make negative statements about the other parent to the children, or where the children might hear.
11. Give the other parent all the necessary information for them to be the best parent possible.
12. Stay focused with you co-parent on problem solving. Tackle only one problem at a time.