

Practice Makes Perfect: The Ebb and Flow of Co-Parenting

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Each family is like a snowflake, inherently unique. After such a major shift in your life, navigating the waters of a new family dynamic can be daunting. We recognize and honor the challenges that may come post-divorce, and our team is dedicated to guiding you through the intricacies of co-parenting. Practicing cooperation, consistency, and communication will help you perfect your approach to parenting as a team.

Cooperation. The quality of the relationship between two parents has a notable influence on the mental and emotional well-being of children. As your children continue to grow up, there will be a host of decisions to make surrounding their extracurricular activities, daily routines, friendships, and evolving personal lives. Making shared decisions in the best interest of your child requires both parents to be willing and equipped to work together. In order to develop a cordial relationship focused on the wellbeing of your children, it is important to separate the relationship you had with your ex-spouse from the new relationship you are building as co-parents.



To cooperate well with another person, it's crucial to manage your own emotional state first. Having strong feelings such as hurt, anger, or resentment is a natural and understandable consequence of starting a new chapter. Taking the step to manage your needs first will allow you to show up fully and prioritize the best interests of your children.

Learning to work cooperatively with your ex requires an awareness that it may take trial and error to settle into a routine that fits your family. Keeping an open mind and practicing compassion will help you adopt a realistic approach to the issues that can arise.

Consistency. While it is important to hold space for the differences that you and your ex-spouse may share in lifestyle and perspective, it is equally as important to create a set of shared expectations for your children. Establishing shared rules and consistent discipline in both homes will help create enforceable boundaries for both parents. Being open and honest with your ex-spouse will help create a middle ground in managing your expectations of your children, and of each other.

Communication. To maintain a healthy and effective relationship as co-parents, communication is key. It may be helpful to approach this with the idea of neutrality and mutual respect in mind. We recognize it may feel foreign to completely change the way you may have been communicating prior to separation and working towards developing a new set of skills can be stressful. But by establishing guidelines for clear and consistent communication, you are creating a solid foundation to work through any disagreements or issues that will arise along the way and ensuring that your children's needs come first.

While creating and maintaining a healthy co-parenting relationship may seem impossible, we can help provide guidance and insight for your unique family unit. Our holistic approach to preparing our clients for the realities of co-parenting allows us to counsel you through your individual concerns and give you the tools to journey the adjustments with confidence, and ease.