



Set the Stage for Cooperative Co-Parenting:

10 Strategies to Support your Child
with Co-Parenting Transitions

1. Listen non-reactively to children's concerns
2. Allow children to express sadness and anger
3. Maintain predictable routines and structure
4. Re-orient after transitions
5. Express love and affection
6. Remind children clearly that it is not their fault
7. Be transparent about changes
8. Support healthy relationship between children and co-parent
9. Get support when needed
10. Engage in self-care

