

*BRENDA'S HOUSE  
FAMILY CENTER  
WELCOMES YOU!*



*SERVICES AVAILABLE:*

- PARENT SUPPORT  
GROUP*
- FAMILY TIME*
- COPING SKILLS*
- RESPITE CARE*
- CIRCLE OF SECURITY  
PARENTING*
- CHILD PARENT  
RELATIONSHIP  
BUILDING*



## GET IN TOUCH

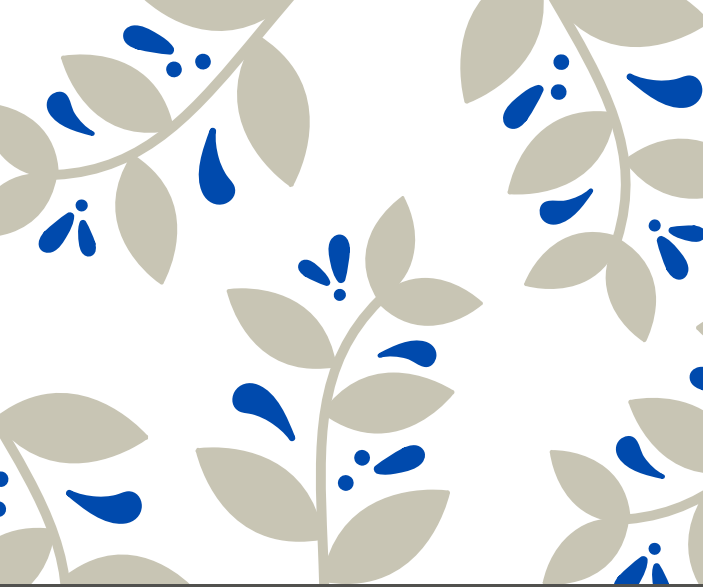
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## Co-Parenting

BRENDA'S HOUSE  
FAMILY CENTER

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# SUCCESSFUL CO-PARENTING

## BE A GOOD CO-PARENT

Choosing to be a good co-parent is different from choosing to be a good parent. It's recognizing that you and your ex are in it together even after your separation and making a choice to make it work.

## RESPECT

Respect yourself. Respect your ex. Respect your children.

## TEAM WORK

When it comes to major health, education or discipline issues, work together as a team. Communicate with each other to determine the best decision for your children.

*"A CHILD CANNOT  
HAVE TOO MANY  
PEOPLE WHO LOVE  
THEM AND WANT TO  
HELP THEM  
SUCCEED."*

## PICK YOUR BATTLES

You are not going to love everything your ex does. Accept it and decide what is worth really bringing up and what is not.

## HONOR EACH OTHER'S VALUES

Have an honest conversation with your ex about what is most important when it comes to your children. Listen with intention, share honestly and respect each other's values. Both of your values and opinions matter.

## BE FLEXIBLE

While you need to keep a regular schedule, you both need to be flexible when it comes to time with extended family, holidays and special events.

## COMMUNICATE

You must communicate with each other regularly to stay on the same page about your children. However, keep your conversations about the children.

## BOUNDARIES

You are not in charge of how your child feels about the other parent.

## DON'T GIVE UP

It is not always going to be easy. Just don't give up. It takes a lot of work from both sides to co-parent successfully. Seek professional help if it is not working.