

11 STEPS FOR EFFECTIVE CO-PARENTING

COMMUNICATE

Communicating with your co-parent is a constant necessity. Whether you're figuring out scheduling logistics, hashing out a difference in parenting style, or keeping them in the loop about developments in your child's life, your co-parent will always be someone you have to talk to.



STICK TO A SCHEDULE THAT WORKS FOR YOU



As a parent, you know that life never goes quite as simply as it should. Even the best-laid plans often go awry, but one way to beat the chaos is to establish general routines whenever possible – from mornings all the way through bedtime.

MAKE A MASTER CALENDAR

Trying to remember everyone's schedule and commitments off the top of your head is exhausting – so write it down somewhere that's easily accessible. Some people prefer being able to pull up the family schedule on their phone or devices at all times (there are plenty of great apps for that)



WRITE EVERYTHING DOWN



Co-parenting involves a lot of moving parts, and it's impossible to remember every noteworthy detail after it happens.

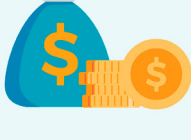
Sometimes though, your lawyer or a judge will ask you to provide in-depth information about your parenting history.

KEEP TRACK OF YOUR IMPORTANT DOCUMENTS

Similarly, in legal situations, you may be asked to provide any number of important documents with fairly short notice. From tax returns to settlement papers to your children's medical history, you don't want to risk losing any official forms in the shuffle.



TAKE CONTROL OF YOUR FINANCES

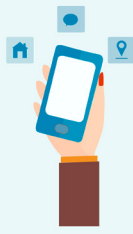


In a single-parent household, a budget is your best friend...or possibly a boring but responsible and highly useful friend.

Setting a budget and sticking to it is easier said than done, but at its heart, it's a very simple process: identify your income and your expenses, and don't let the second exceed the first.

FIND TOOLS THAT WORK FOR YOU

Co-parents today have more resources available than ever before, so take advantage of that wealth of information and tools. Do some research and explore the options that will work best for your situation. If you have trouble staying organized, download a parenting app.



COOPERATION IS KEY



One of the most essential qualities of effective co-parenting is cooperation. It

is also one of the most challenging because you only control half of the equation. If your co-parent refuses to bring a cooperative attitude to the table, the unfortunate reality is that

there's nothing you can do to make them reasonable.

BUILD A SUPPORT SYSTEM

Sometimes, the hardest part of co-parenting is the feeling that you're in it alone. When the pressure becomes overwhelming, turn to your support system! Family, friends, co-workers, your childcare team, and even literal support group members can all help ease the burden when you feel like life is throwing you more than you can handle.



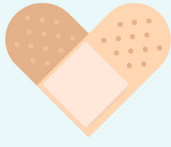
ESTABLISH HEALTHY BOUNDARIES



Boundaries are the cornerstone of a healthy relationship – whether it's with your co-parent, your kids, your co-workers, or the clerk at your grocery store, well-defined boundaries allow the relationships in your life to run smoothly.

TAKE CARE OF YOURSELF

Self-care is often the first thing to get pushed to the back-burner when life gets hectic, and the last thing to be prioritized when there's extra time. But the truth is: it's vitally important to carve that time out for yourself. You may feel guilty for claiming some "me-time," but try not to beat yourself up.



BONUS



Make things easier on yourself, your children, family, and co-parent by using our Truece App. It's an app made to communicate, collaborate, and stay organized. Truece provides a secure and convenient way to manage the details of your co-parenting.

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