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Navigating Co-Parenting

Co-parenting super strengths are well-being, organisation and respect.

It is worth trying to maintain these yourself, even if others are unable or unwilling to play their part.

Misunderstandings often create problems

Try to keep communication, especially around arrangements and organisation, as clear and as simple as possible.

Always double check.

When emotions are high, assumptions or simple misunderstandings can escalate.

Various Apps are available to help with arrangements. There will usually be a charge for these ones but they could give you ideas for your own solutions.



ourfamilywizard
2 houses
Talking Parents
Cozi Family Organiser



Parenting Plans

These are well worth considering and can be as simple or as detailed as you wish. Mediation services or a trusted 3rd party could help. Try as a minimum, to agree the basics of future arrangements for your children's health, education and spiritual needs..

Changeover routines

A change of clothes, or predictable activity on arrival can really help children to transition from one home and set of expectations to another.

Agreeing to Disagree

We each have our unique view of the world.

Someone else's reasons and priorities often vary because they think differently, not because they think the same way as we do and are being deliberately awkward.

We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm. Friday 9am to 5pm and Saturday 9am to 1pm



Books can be a nurturing way of encouraging conversations and providing reassurance. A quick search will uncover the huge range you can choose from to suit your family needs.

some ideas...

pre-School

The Huge Bag of Worries...V Ironside

The Tale of the Land Turtle and the Sea Turtle.. huffpost.com

Living with Mum and Living with Dad...Melanie Walsh

When I miss you....

Cornelia Spelman



primary school

My Family's Changing...Pat Thomas

The Invisible String...P Karst

Mum and Dad Glue...Kes Gray

Divorce is not the end of the world...Zoe & Evan

Two Homes filled with Love

..Steve Herman

some ideas...

Books to consider for you....

Co-Parenting Handbook... Karen Bonnell

Parenting ApartChristina McGhee

The Handover Book Palmer and Leigh

Parallel Parenting....Wendy Carter

Support for teens

Split in Two: Keeping it together when your parents live apart. Karen Buscemi

The Divorce Helpbook for Teens.

Cynthia MacGregor

Useful Organisations

Relate NI

Family Mediation NI

Employers for Childcare

Advice NI

Child Maintenance Choices

Domestic Violence Helpline

Family Law Legal services

Children Order (Legal) Panel

Family Mediation NI Separation Booklet

<https://www.familysupportni.gov.uk/Content/uploads/userUploads/FMNI%20Separation%20Booklet.pdf>

Additional children's supports

Childline 0800 1111

ninjabfocus.com

Cosmickids.com

Relaxkids.com

Play Board NI 028 9080 3380



Family is so much more than parents and children. Aim to actively nurture healthy relationships with any grandparents, extended family members, friends and community supports.

You and your children can continue thrive.



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