



Building a Cooperative Coparenting Relationship

Coparenting is when two or more people actively participate in a child's life. These coparents may have had a different relationship in the past and it may have ended on less than amicable terms, but when they are committed to working together to raise their child in a healthy supportive environment, everybody has a better chance to thrive. Whether you're going through a divorce or have never been married, navigating the challenges of coparenting can be overwhelming. The information below will provide valuable insights and practical tips to help you build a strong, cooperative coparenting relationship.

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In these video-based, interactive classes—available 24/7—you'll learn a consistent, encouraging style of parenting that will benefit you and your children for a lifetime. With this self-study course, you have the option of when to participate based on your own schedule and at your convenience. Gain additional insight from your online group leaders as they provide support and feedback.

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- **Active Parenting: First Five Years:** For parents of children from birth to age 5
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- **Active Parenting of Teens:** For parents of preteens and teens
- **Crossroads of Parenting & Divorce:** For divorced and divorcing parents

Continue your experience as an "active" parent by reviewing what you learn in the class in your accompanying parent guide. Each guide contains additional information, activities, and worksheets to help you practice what you learn.

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Key Components of Cooperative Coparenting:

- **Effective Communication:** Open and honest communication is essential for resolving conflicts, making decisions, and building trust.
- **Shared Parenting Plan:** Creating a detailed parenting plan outlines custody arrangements, visitation schedules, decision-making responsibilities, and financial obligations.
- **Consistency and Routine:** Providing a consistent routine for your child helps create a sense of stability and security.
- **Respect and Boundaries:** Establishing mutual respect and maintaining appropriate boundaries is crucial for a healthy coparenting relationship.
- **Focus on the Child's Well-being:** Prioritizing your child's needs and emotional well-being should always be the top priority. Child-focused rather than conflict-focused.

Tips for Successful & Cooperative Coparenting:

- **Seek Professional Help:** Consider taking an in-person or online parenting class. If the relationship is contentious, involve a mediator or therapist to facilitate communication and conflict resolution.
- **Build a Support System:** Surround yourself with supportive friends, family, or support groups to help you cope with the challenges of coparenting.
- **Practice Patience and Forgiveness:** Coparenting is a learning process, and mistakes will happen. Be patient with yourself and your co-parent.
- **Limit Conflict in Front of Your Child:** Children can be negatively impacted by parental conflict. Strive to resolve disagreements privately.
- **Celebrate Milestones Together:** Sharing special moments with your child creates lasting memories and strengthens your coparenting bond.

Coparenting can be challenging, but with the right approach, you can overcome obstacles and create a positive environment for your child. It is a journey that requires dedication, cooperation, compromise, and a focus on your child's well-being. By implementing the tips and strategies outlined here, you can build a strong foundation for your coparenting relationship and create a positive environment for your child to thrive.

To learn more about effective parenting skills, visit the Active Parenting Online Video Library. These helpful videos are offered free of charge by the ACFC in partnership with Active Parenting. Guidance and help are available for parents of children of all ages. To access the Online Video Library, go to the [ACFC website](https://www.acfc.org), click on the Active Parenting tab, and follow the instructions on how to view the videos.