

# Four Best Practices in Co-Parenting

*A worksheet for building healthier shared parenting*

## 1. Above All, Your Kids Come First

- I put my child's needs above my feelings toward my co-parent.
- I show love and support for my child every day.

**Reflection: How can I remind myself to put my child first, even on tough days?**

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## 2. Commit to Respect

- I recognize my co-parent's authority.
- I respect my co-parent's parenting time.
- I support my child's relationship with my co-parent.

**Reflection: What is one way I can show respect to my co-parent this week?**

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## 3. Commit to Cooperation

- I work with my co-parent to make child-focused decisions.
- I stay open to compromise and flexibility.
- I show my child that both parents are "in it for them."

**Reflection: Where could I be more flexible for my child's benefit?**

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## 4. Commit to Communication

- I share important updates promptly (school, medical, etc.).
- I keep messages short, clear, and fact-based.
- I use tools that reduce conflict and confusion.

**Reflection: What's the best communication method for our situation?**

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**Reminder: Respect, cooperation, and communication will look different for every family — but keeping your kids at the center is always the priority.**