

Principle Handout

YOUR COPARENTING INTERACTIONS SHOULD BE GUIDED
BY COOPERATION, TRUST AND EMPATHY

We recommend that you print out this checklist and keep it handy - to frequently remind yourself how you can better cooperate with your coparent:

1. **Stay focused on your child's current needs and try not to get sidetracked by past issues and unhelpful emotions.**
2. **Respect each other's role as the only biological parents your child will ever have!**
3. **Respect each other's time and needs. Set clear boundaries on how and when you'll communicate.**
4. **When you communicated, be transparent and focus on individual identifiable issues.**
5. **Encourage your coparent's transparency by not making the regret making you aware of mistakes they've made or problems they're having**
6. **If your coparent brings a problem to you, offer your ideas, not your judgment or demands that they do things your way. Focus on finding compromise solutions.**
7. **Use positive reinforcement to incentivize your coparent to cooperate with you. Acknowledge when they've done something well and quickly find ways to reward them.**

Remember, this will benefit your child now, and you in the long run!