

Create a Proper Coparenting Environment

When you and your Coparent were together, how were household and child rearing tasks divided between you?

Now that you're apart, who does what tasks?

What do you sincerely wish your Coparent would help with now? i.e. doing homework or projects at their house on their parenting time or taking the child practices or doctor appointments.

If you haven't already done so, make a list of your children's medical providers, schoolteachers, coaches, etc., and all their contact information. Encourage your Coparent to get on the parent portal for school updates, and email/text lists for each teacher, coach, etc.