

Parenting.....**Apart**



Parents who live apart can raise their children together.

If you are divorced, separated or estranged from your ex, your child needs help coping with two homes.

As parents, you and your ex must try to work together to help your child adjust to a redefined family life.

Here are some guidelines:

- C**ompromise as often as possible to do what's *best for your child*.
- O**ffer to *contribute to big-ticket items* such as tuition, braces and birthday and Christmas gifts.
- P**resent *age-appropriate answers* when your child asks what happened.
- A**void *badmouthing* each other in front of your child.
- R**ecognize that parenting together while being apart requires *patience and flexibility*.
- E**ncourage your ex to *attend school events* and other activities involving your child.
- N**ever *place your child in the middle of an argument*.
- T**ell and show your child that *you love him or her* as often as possible.
- S**hare your child's *special moments*. Rotate birthdays, holidays and school breaks.

Co-parenting can be challenging. Meet your child's needs with communication, cooperation and commitment.