

Coparenting Declarations

- It is important to our child's development and, ultimately, his/her adult relationships to have healthy relationships with both his/her parents.
- I understand that *Parental Conflict* is the most common cause of poor adjustment in children following divorce and will cause our child to have unhealthy adult relationships.
- When I argue with my coparent in front of our child, what I am really saying is... "I do not care about how fighting and arguing makes you feel. And I know what I am about to do is damaging to you and could negatively affect you forever. But at this moment, I am so mad that my anger is more important to me than your emotional well-being."
- The most important commitment that I can make to protect our child from the negative effects of conflict is to not expose them to parental conflict.
- Our child perceives even the slightest disagreement between myself and my coparent as conflict and it stresses him/her out.
- Our child can tell how we feel about our coparent, regardless of how we try to hide it.
- A parent's relationship with and impact on their child's life is not directly related to the amount of time he/she spends with their child.
- Arguing about timesharing is selfish and hurts our child.
- My coparent and I both have positive and negative attributes.
- No one is "all good" or "all bad."
- My coparent may parent differently than I do, but that does not make him/her a "bad" parent.
- I value my coparent's relationship with our child.
- There can never be too many loving people in our child's life.
- No one can replace our child's coparent (nor do I want them to).
- I will always encourage our child to call the coparent "mom" or "dad" or "mommy" or "daddy" (or names used during in-tact relationship/other culturally appropriate parental term).
- I will not use derogatory names, nicknames, or abbreviations for my coparent.
- I understand that a healthy coparenting relationship is important to our child's health, well-being, and success of our child's future relationships.
- I wish success for my coparent because I understand that a happy, successful parent in both homes is important to our child's well-being.

Therefore, I will not undermine my coparent's personal or professional relationships or business.

- Posting negative and derogatory things about my coparent and/or their business online and on social media undermines my coparent and, ultimately hurts our child.
- My coparent has our child's best interests in mind.
- My coparent would not intentionally put our child in harm's way.
- Often, when I argue with my coparent about something, it is really about something else.
- It is important to respect my coparent's time with our child and not interfere, even if I am present.
- I understand that if I want our child(ren) to have healthy relationships as an adult, I must be able to be civil, cooperative, and support my coparent. I will pretend if I have to for our child(ren)'s sake.
- I sometimes implement "tit for tat" or "payback" decision-making instead of decision-making based on what is reasonable, fair, practical, or best for our child.
- In most cases, not being able to be in the same room or same place with my coparent, or not wishing my coparent to come to my home, is a sign that I am not well-adjusted to our divorce/separation.
- Letting our child know that my coparent is not welcome in my home (or yard or driveway) hurts our child.
- A child perceives disapproval and criticism of my coparent as disapproval and criticism of them, since they innately know that they are half of each parent.
- I understand that while it is important to try to maintain some consistency between our homes, especially with young children, my coparent and I can establish our own traditions, habits, schedules, rules, and routine when our child is in our home.
- It is not worth the damage conflict does to our child to argue about (or otherwise criticize or point out to our child) different rules or parenting styles between our homes.
- I will use our child's correct, legal name when enrolling him/her in any school or activity and include my coparent as a contact.
- My coparent and I agree not to allow anyone else to apply corporeal punishment to our child.
- I will treat my coparent the way I want to be treated.

- I understand that if our child is guarded, he/she is probably feeling like he/she is caught in a loyalty bind between myself and my coparent (and maybe other family members).
- I understand that it is best not to question our child about the time he/she spends at my coparent's home and if our child wants to share, he/she will.
- Our children are minors for a relatively short period of time. My goal is to have healthy, long-lasting relationships with our child(ren) for the rest of our lives. Saying negative things about my coparent is counter-productive to this goal.