

Make your child's transition between homes for visitation as easy as possible. They represent a major change in your child's reality every time they leave and return.

Be there for your children, both physically and emotionally. Children need both quantity and quality of time.

Set your own hurt and anger aside. Co-parenting is about your child's happiness, stability, and future well-being.

Talk with your children and reassure them they have a safe environment to express their feelings.

Keep friends and family remarks impartial regarding your divorce and ex-spouse.

Let children be children. Don't involve children in adult problems.

Maintain your child's existing relationships and routines with extended family members, friends, school and other activities.

Support the other parent's role and relationship with your children.

Strive for clear and open communication channels with the other parent and commit to cooperation.

Speak about and act in a respectful manner toward the other parent, especially in front of your children.

