

"From Parents to Co-Parents"

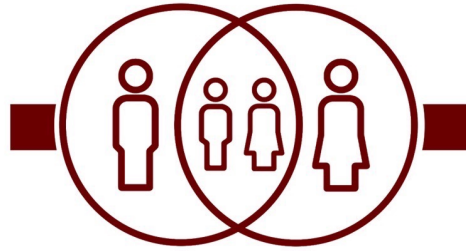
Tips for Effective Communication in Parenting Coordination

- **KEEP IT FACTUAL** about the children and not about each other
- **KEEP IT NEUTRAL** - this means no capital letters, sarcasm, derogatory comments, accusations, negative innuendos or passive aggressive responses.
- **BE POLITE AND RESPECTFUL** for the sake of your child.
- **KEEP IT NON-JUDGEMENTAL** there should never be judgements about the other parent's behavior or motives.
- **DON'T MAKE ASSUMPTIONS - ASK QUESTIONS.** If your child says something don't assume that it is true or reflective of the other parent. Ask questions politely for certainty and clarity.
- **FOCUS ON THE PRESENT** past events/issues should only be raised if important to the present issue under consideration and related to your child.

WITH E-MAILS

- **KEEP IT BRIEF AND TO THE POINT** -- Limit each email to a **SINGLE TOPIC** if you do need to communicate about more than one issue clearly label when you are changing subjects.
- **RESPOND TO ALL EMAILS IN A TIMELY MANNER --- WITHIN 24 HOURS** even if you need more time to respond - respond in 24 hours and indicate when you can/will respond.

OTTAWA CO-PARENTING SOLUTIONS



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REMEMBER:

A good co-parenting relationship is like a good business partnership where the business is the welfare of your child. **Two wrongs don't make a right.** Inappropriate communications are unacceptable even if the other parent is doing so and if you feel justified because of something the other parent did/said.

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