

# 10 CO-PARENTING TIPS FOR THE SINGLE MOM

*"Practical Ways to Create a  
Better Relationship With Your  
Children's Father."*





# Let's Get Started!

Before we dive into these 10 tips, I want to preface them by giving you the ultimate advice and that is to pray for healing, for harmony and wisdom while you navigate through co-parenting. God hears you and he can transform your family's situation in a way that your children can flourish and so can you. Okay, now let's put these tips into practice!

**1. Follow The Parenting Agreement:** Regardless if your agreement is court-appointed or one that the two of you created it is important to respect the boundaries put forth in the custody schedule.

**2. Adhere to the Schedule:** Stick to the visitation/ custody schedule as closely as possible. Holidays can be a sticky point, but it doesn't have to be if you plan and communicate. Discuss the holidays and reconfirm the visitation schedule at least 2 weeks prior. Pick a date to confirm summer vacation well in advance of school being let out. It's important that the kids have structure, consistency and know what to expect.

**3. Communicate Clearly & Thoroughly:** Arguments are guaranteed when the lines of communication are blurred. Create an email account that is used specifically to communicate about the kids. Always confirm and reconfirm about any changes in the schedule, appointments, or visits. Make it a point to double-check your verbal agreements.

**4. Get on the Same Page About Rules & Consequences:** Your kids will try to play you against each other. It's important to establish a united front. Have a discussion about rules such as; homework, bedtime, curfews, sleepovers, internet/screen time and consequences for breaking rules. Make sure those consequences are carried out in both homes regardless of visitation.

**5. Share A Calendar:** Kids are busy and if they are spending time between two parents the calendar has the potential to get confusing. Create an online calendar to jot down medical appointments, after school activities, playdates, performances, teacher meetings, etc. A shared calendar will keep you both informed and the kids on schedule.

**6. Create Weekly Email Updates:** Send a weekly email on Monday that gives the upcoming week's details of your children's schedule. This will clearly lay out any activities, early dismissals from school, or appointments. Consider this a reinforcer to the shared calendar.

**7. Be Flexible:** Following the schedule is important, but so is making your kids feel comfortable and not torn between the two of you. If there is a special occasion that falls on your weekend, it's okay to be flexible.

**8. No Bad Mouthing In Front of the Kids:** Let's face it divorce and separation can get ugly. But, bad-mouthing your kid's father in front of them is absolutely one of the most damaging things you can do. Remember, their dad is an intimate part of who they are and they can internalize that criticism. Badmouthing only dishonors your kids and shows a lack of respect.

**9. Take A Time Out:** You're human and co-parenting can be tough emotionally. It's easy to slip into anger and say some pretty nasty things which only exacerbate the situation. If the conversation is getting heated—*take a time out*. Implement a 24 hour truce period to cool off and re-evaluate the situation. Nothing is accomplished in a screaming match.

**10. Confer on Plans for Your Children:** Don't take the other parent for granted. For example, if you are enrolling your child in a new class, speak with the other parent about the time commitment so that everyone is on board.

These tips may require some difficult and even painful work, but isn't your child's wellbeing worth it? I think so and I bet you do too! It will do wonders for your emotional health as well!

*Galatians 5: 15*

*"If you keep on biting and devouring each other watch out or you will be destroyed by each other."*



# Resources

Here are some valuable resources and tools that you can use on this journey through co-parenting that may make life a little easier.

## Scheduling Tools

- Custody X Change
- Our Family Wizard
- Optimal
- Shared Ground
- JointParents.com

## Books

Mom's House, Dad's House, Isolina Ricci, Ph. D

The Co-Parents' Handbook: Raising Well-Adjusted, Resilient, and Resourceful Kids in a Two-Home Family from Little Ones to Young Adults, Karen Bonnell

The Conscious Parent's Guide to Coparenting: A Mindful Approach to Creating a Collaborative, Positive Parenting Plan, Jenna Flowers