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How to Co-parent With Your Ex

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Instructions

Difficulty: Challenging

1. Talk it out with your ex -

Talk with your ex about how the two of you can be on the same page with parenting your child. Tell him/her you need to set aside your differences with each other and put the focus on your child. There are many emotions the two of you have for each other, anger, frustration, regret, etc. but the relationship is over and you need to both move on putting your child first.

2. Don't argue or put each other down in front of your child -

There is never an appropriate time to talk down about your child's other parent in front of your child. No matter how frustrated you are with your ex, save it for when your child is not around. You are angry with him/her, but your child loves the both of you equally and talking bad about one another hurts your child!

3. Agree on discipline -

The two of you need to talk over the appropriate discipline for your child. Your child should have the same consequences no matter which parent he/she is with at the time.

4. Don't put your child in the middle -

You should never use your child as a translator to send messages to your ex. If you have a question about anything talk to your ex, not your child. If you put your child in the middle then they will resent you for it later on in life. You should also never make your child choose between the two of you, he/she loves both of you.

5. Allow your child to be a child -

The separation is yours and your exes situation, you child was forced into it. Make sure you never place any other hard adult situations onto your child. Your child needs to be comforted and reminded the separation is not their fault. Your child needs to be a kid and not treated as an adult.

6. Keep each other up to date -

It may be hard to do, but you have to keep each other informed of any life changes that will directly impact your child. For instance a move, a new spouse, a new job . This will help keep your child out of being the source of all information.

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