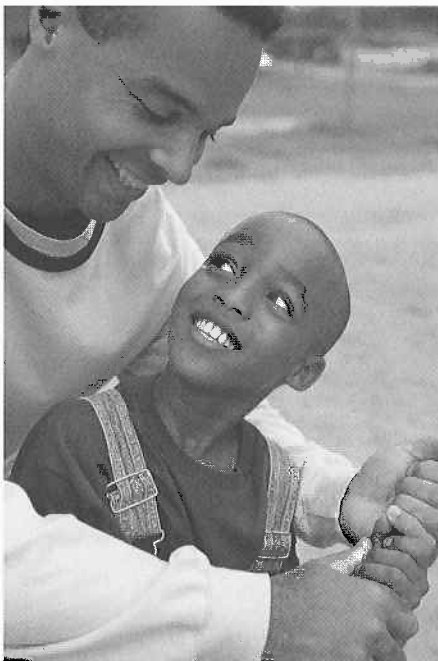
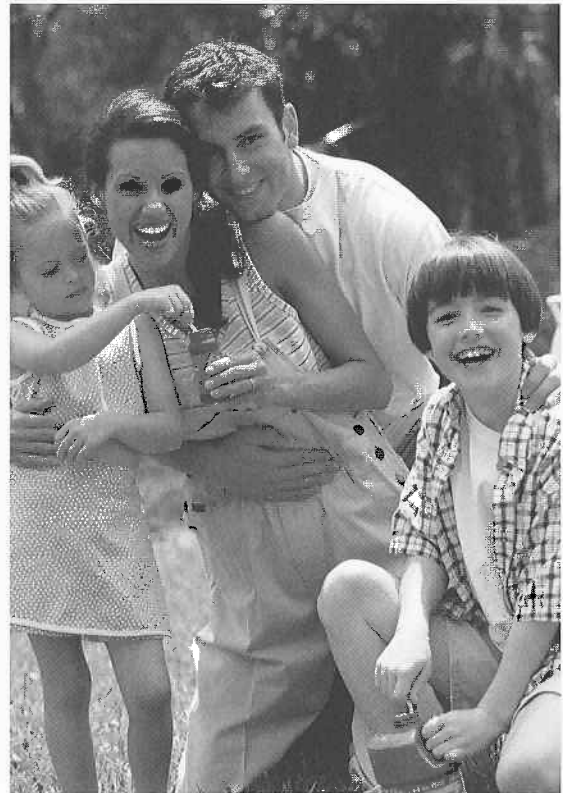


# EFFECTIVE PARENTING AFTER SEPARATION AND DIVORCE

- ✓ Stay involved with your child.
- ✓ Maintain continuity in your child's life.
- ✓ Avoid conflict in front of your child.
- ✓ Be very careful about what your child hears and sees.
- ✓ Forgive your ex-spouse.
- ✓ Avoid blaming your ex-spouse.
- ✓ Focus on what you can do to attend to your child's needs.
- ✓ Do your best, regardless of how the other parent behaves.
- ✓ Separate your own thoughts, feelings, and needs from those of your child.
- ✓ Be careful to not misinterpret normal behavior or signs of emotional distress in your children.
- ✓ Avoid automatically assuming the worst about what the other parent is thinking and doing.
- ✓ Keep your child out of the middle of parental conflicts.



- ✓ Facilitate positive relationships between your children and the other parent.
- ✓ Choose your battles carefully.
- ✓ Be flexible and firm when appropriate.
- ✓ Create a business-like working relationship with your ex-spouse.
- ✓ Communicate as necessary with your ex-spouse for co-parenting purposes.
- ✓ Communicate as necessary with your children.
- ✓ Employ good communication and conflict resolution skills.
- ✓ Create and maintain a good parenting plan with your ex-spouse.
- ✓ Attend to your own personal needs.
- ✓ Make use of self-help books on parenting after divorce.
- ✓ Be aware of and obtain professional help when needed.



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