



# Compassionate & Sensitive Parenting for Your Children

## Effective Co-Parenting Tips

- ☐ Do not badmouth the other parent.
- ☐ If the other parent does something blatantly hateful to them or you, you can say, "I am sorry that you were hurt, and you have every right to be hurt. I believe your mom/dad is doing the best that they can."
- ☐ Do not interfere with your spouse's visitation.
- ☐ Make sure you are always on time for your visitation. If you must be late, let the other parent know ASAP.
- ☐ If the other parent becomes physically or emotionally abusive, refer to the child's therapist and/or physician. You do not have to condone abuse, nor should your children be victimized.

## Important Considerations When Therapist Shopping

- ☐ The therapist must have a family practice.
- ☐ The therapist must understand age-appropriate developmental milestones and pathologies of children.
- ☐ The therapist must understand the dynamics of divorce and the impact it has on children.
- ☐ The therapist must understand the role of a Best Interest Attorney (BIA).
- ☐ The Therapist must understand domestic violence.
- ☐ The therapist must provide a consistent therapy schedule – once a week, once every two weeks or once a month.
- ☐ The therapist must be willing to "betray" your child's confidence should the therapist learn that the child is using drugs, alcohol or is showing suicidal/homicidal tendencies or ideation.