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Co-Parent Coaching Commitments

Because you care about your child(ren), you agree to make the following commitments to how you “show up” in coaching sessions and as a parent/co-parent. You are committed to your children’s healthy adjustment post-divorce. It is your highest intention to parent peacefully and respectfully. As such, you agree to abide by the following actions.

1. To begin with a minimum standard of civility, common courtesy, and respect. This includes in sessions as well as outside of coaching meetings. This applies to interactions with your child(ren) and co-parent.
2. To remain focused on your child(ren)’s perspective, needs, and feelings above your own complicated divorce related feelings and perspectives. Your child(ren)’s well-being is central to your choices.
3. To be aware of your triggers and emotions and work hard to manage the feelings that interfere with your effectiveness at co-parenting.
4. To remain present and future oriented, rather than past focused.
5. To challenge your own assumptions and beliefs and remain open minded to other opinions.
6. To be trustworthy in words and action.
7. To create new ways of communicating and interacting focused on sharing information.
8. To focus on creative problem solving rather than blame.
9. To respect the other parent’s time, home, and belongings.
10. To support your child(ren)’s right to love and be in relationship with both parents.
11. To make polite requests, not demands.
12. To focus on facts; understanding the difference between facts and opinions.
13. To listen respectfully, avoid interruptions, and seeking to understand.
14. To speak directly with your co-parent about items that need to be communicated. You agree to never have your child(ren) send messages to their other parent on your behalf.



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