

Words Matter: Some Helpful Words Between Co-Parents

<p>#1. “I’m interested in your ideas on this. Could we talk sometime soon?” “You really saved the day.”</p>	<p>Let your co-parent know that you’re genuinely open to his/her ideas.</p> <ol style="list-style-type: none"> 1. “You’re good with things like this—what do you think?” 2. “I bet if we sat down and put our ideas together, we could come up with a great solution.”
<p>#2. “Please.” “Thanks!” “You’re welcome.” “You did that so well, and it meant a lot to the kids.”</p>	<p>Such simple statements of courtesy between parents often spell the difference between hurting kids and literally saving them.</p>
<p>#3. “I just found out tonight’s game starts an hour early.” “Jessica needs to see the doctor next week.”</p>	<p>Keep your co-parent informed. Co-parenting isn’t a guessing game. It’s a daily opportunity to build the team children need.</p>
<p>#4. “I want to help your plans work out if I possibly can.”</p>	<p>Think often of what accommodations you can make for your children’s sake.</p>
<p>#5. “I’m concerned about something and would really like your ideas on it. Could we talk when you have some time?” “Joey has a problem, and I’d feel better if I could hear your thoughts about it.”</p>	<p>When problems come up, many couples find it’s helpful to give each other some advance warning.</p> <ol style="list-style-type: none"> 1. “I think we might have a situation we need to solve together.” 2. “Something’s come up I think we could help each other with.”
<p>#6. “Maybe we should talk about this later. Can we set aside some time?”</p>	<p>Many couples are helped by a “release word”—some agreed word or phrase that lets them both know that their emotional baskets are full for the moment.</p>