

Yeah, But You Don't Know My Co-Parent

One of the most common things we hear is, "I want to be cooperative, but my co-parent doesn't!" Here's help with that difficult challenge.

1. Give yourself credit.

Remember to honor yourself for everything you've done to protect your children from conflict. It ain't easy.

2. Remember the goal.

Always remember to give your helpless children a safe place to live their one and only childhood. Your goal isn't to win a fight—it's to stop a fight to save your children.

3. Appreciate the difference you can make alone.

Your children are helped by having even one parent who gives them a safe sanctuary from a storm. You can help your children by:

- Living by the [Child Safety Zone Pledge](#)—a promise to keep all conflict away from your children.
- Writing 10 compliments and good memories about your co-parent—and making these kinds of comments the theme of everything you say to your children about their other parent.
- Celebrating the things your children get to do with their other parent.
- Cheerfully encouraging them to call their other parent
- Making it easy for your children to love their other parent.

4. Understand the need for you to pick up the slack.

The more your co-parent messes up, the more your children need you to excel.

5. Use good resources.

Visit the "Parents Corner" on [UpToParents.org](#), spend time with people who have good divorces, and take advantage of child-focused mediation or counseling.

6. Consider the subjectivity of it all.

It's impossible to be completely objective in the middle of difficult family circumstances. The job of co-parents is to accept each other as they are and merge the strengths they bring to the table.

7. Focus on those who really can't go it alone—your children.

Remember that children don't have the resources you do. Let their helplessness be the final irresistible call to your heroism.

8. Remember the joy.

You owe it to your children—and yourself—to enjoy your children.