

RULES FOR COPARENTING

1. At all times, the decisions made by the parents will prioritize your child's psychological, spiritual, and physical well-being and safety.
2. Make and confirm parenting-time arrangements beforehand between the parents without involving your child.
3. Notify each other in a timely manner of any need to deviate from the schedule between homes, including canceling time with your child, rescheduling, and ensuring punctuality.
4. Communicate with your coparent and establish similar rules regarding discipline, routines, sleeping arrangements, and schedules between homes. Appropriate discipline should be exercised by mutually agreed-upon adults.
5. Keep your coparent informed of any scholastic, medical, psychiatric, or extracurricular activities or appointments for your child.
6. Always keep your coparent informed of your current address and telephone number. If you are traveling with your child, provide your coparent with a basic travel itinerary and a phone number so that you and your child can be reached in case of an emergency.
7. Refer to your coparent as your child's "mother" or "father" in conversation, rather than using "my ex."
8. Do not talk negatively, or allow others to talk negatively, about the other parent, their family and friends, or their home within hearing range of your child. This includes belittling remarks, ridicule, or bringing up allegations, whether valid or invalid, about issues involving the adults in the coparenting relationship.
9. Do not question your child about your coparent, the activities of your coparent, or your coparent's personal life. In other words, do not use your child to gather information about the other parent.
10. Do not argue or have heated conversations in your child's presence.
11. Do not try to "win your child over" at the expense of your child's other parent.
12. Do not schedule extracurricular activities for your child during the other parent's time without your coparent's consent. However, do work together to allow your child to participate in such activities.
13. Do not involve your child in adult issues and conversations about custody, court matters, or the other parent.
14. Do not ask your child where they want to live.
15. Do not attempt to alienate your coparent from your child's life.
16. Do not allow stepparents or others to negatively alter or modify your relationship with your coparent.
17. Avoid using phrases that draw your child into your issues or make your child feel guilty about the time spent with the other parent. Instead of saying "I miss you," say "I love you."