

## Supporters and Detractors in Coparenting: Guidelines for Healthy Collaboration

Coparenting Supporters	Coparenting Detractors
Do not involve the children in the coparenting concerns	Bad-mouth the other household to the child or in the child's presence
Try to work with the other parent	Try to replace your duties or you're the other parent's
Assist you in working with the other home	Encourage you to fight
Trust you	Are insecure when you and the other parent get along
Encourage you to coparent	Encourage you to compete
Seek the opinion of both parents in decisions	Don't seek you and your coparent's opinion in decisions regarding your child
See themselves as part of your child's whole family	Think "paternal" or "maternal"
Recognize how important it is to reduce the distance between homes	Encourage distance between the homes
Encourage the children to have their own room with family memorabilia	Will not allow or they discourage pictures of members of the other home
Help out if needed in the coparenting relationship	Intrude in coparenting relationship
Encourage Resolution	Encourage ongoing conflict