

Co-parenting

What kind of co-parent would **your children** like you to be?

In a constant state of high conflict

Enjoying no conflict

Arguing with their other parent in front of them

Managing conversations about them calmly

Blaming and trying to prove the other parent wrong

Accepting that there are always two sides

Asking them directly or indirectly to take sides

Letting them love both parents

In a win/lose state of mind

Prioritising their best interests

Channelling energy on past events or conflict

Focusing on a positive and happier future