

How to Nurture a Better Co-Parenting Relationship

Not all divorced spouses can part ways entirely. If you share children, you will still have to work together as co-parents and remain in each other's lives to a certain extent. If you have a contentious relationship with your former spouse, co-parenting can be incredibly challenging and frustrating. After all, if the two of you were good at working together, your marriage might not have come to an end. However, that does not mean you will not be able to make your co-parenting relationship work. Both of you love them and still want what is best for them, so as long as you remember the two of you have a common and unifying goal, you will be able to move forward as successful co-parents.

Here are some tips on how you can nurture a better co-parenting relationship with your former spouse:

- **Never forget that your children come first:** The dynamic you have with your former spouse has changed and, as such, so has the focus of your relationship. You are now strictly co-parents and must treat each other with respect and work together to put the needs of your children first. Remind yourself that the purpose of your relationship is to raise your kids and provide them with the love and support they need.
- **Practice acceptance:** It can be a little hard, at first, to treat your relationship with your former spouse as a co-parenting relationship. You have a lot of history and there are probably a lot of mixed feelings hanging over the two of you, but it is important to accept the end of your marriage, stop pointing fingers, and to treat him or her in the same manner you would wish to be treated.
- **Say something nice:** After a visit with their other parent, your children are going to want to share stories about what they did. As hard as it might be to hear about their experiences, try to remove your personal feelings about your ex-spouse and be excited for your children's happiness. They had a great time with their other parent and that is something to be glad for. Pay your co-parent a compliment instead of making them feel guilty for enjoying their time away.
- **Use your mistakes as a lesson to be learned:** The fact is that everyone is fumbling around in the dark and learning how to adjust to the changes that inevitably come with divorce. You are both going to make mistakes. No one expects perfection, but you should seek to learn from the mistakes you make and avoid making them repeatedly.

Contact an Experienced Family Law Attorney Today!

If you are in the midst of a family law matter, you should not waste any time obtaining skilled legal representation. At Sullivan Law & Associates, our family law team has the insight and knowledge that is necessary to successfully navigate a variety of family law issues, including child custody and divorce.

Contact our law office today at (949) 565-2793 to schedule a case evaluation with a member of our legal team to learn more about how we can help you!