

Tips for co-parenting during COVID-19



Create a healthy environment

Parents may have concerns that transferring their child from house to house may introduce more opportunities for exposure to illnesses.

- It is important to follow the CDC, state and local recommendations for best practices (e.g., stay home when sick, proper handwashing, cleaning regularly touched surfaces).
- Create a brave space to have conversations around anxiety, stress, uncertainty and loss to promote your children's emotional health as well as physical health.

Maintain structure while embracing flexibility

Children of all ages thrive when they have predictable routines.

- However, parents may need to adjust plans and other arrangements to accommodate changing schedules and shifting priorities.
- Life disruption as a result of any crisis may necessitate flexibility. Model empathy by adapting schedules when possible. Practice patience with yourself, your children, and others when possible.

Build bridges and practice compassion

Remember, this is an ever-changing situation. Avoid exposing children to conflict.

- Make it a priority to use healthy conflict management skills when having discussions in front of children.
- Encourage connectedness with the other parent. This would be a great time to use technology to have a virtual visit with the child's other partner and extended family. Arrange a virtual visit, play a virtual game or read a book together.

Self care

You, too, may be feeling overwhelmed.

- Take steps to keep yourself physically and emotionally healthy as you co-parent.
- Be intentional about scheduling personal time to recharge and decompress.
- Given isolation and loneliness are public health concerns, stay virtually connected to both your family and social network.