



9 Essential Boundaries for Respectful Co-Parenting

Co-parenting can be challenging, especially when parents don't agree. Clear, respectful boundaries help reduce conflict, support healthy communication, and keep the focus on your child's well-being. These nine boundaries are a strong place to start building a co-parenting relationship that works in your child's best interest!



Respectful Communication

Agree to communicate respectfully, avoiding blame or criticism. Communicate like you are in a "business relationship".

Scheduled Check-ins

Set specific times and make an outline for discussing co-parenting matters to avoid interruptions and to stay on topic.

Privacy

Respect each other's privacy and personal space. Avoid discussing personal matters unrelated to co-parenting. You can't control what goes on at the other person's home. Unless it involves health or safety, let it go.

Establishing Neutral Ground

Choose neutral locations for discussions if face-to-face meetings are necessary. If conflict is high, choose public locations to help keep conflict at a minimum.

Consistency

Agree on consistent rules and routines for the child across both households. Consistency helps the child(ren) feel safe and secure.

Visitation Schedules

Stick to agreed-upon visitation schedules and respect each other's time with the child. Avoid constant communication with the child(ren) while they are with the other parent. Set up specific times for contact when the child(ren) are with each parent.

Third-Party Mediation

Agree to seek mediation if conflicts cannot be resolved independently. Mediation is available through the Court and independent mediation services. Setting these boundaries helps create a structured and respectful co-parenting environment, ultimately benefiting the child(ren).

Decision-Making

Define which decisions need mutual agreement (e.g., education, medical care) and which can be made independently.

Punctuality

Be on time for pick-ups and drop-offs to avoid unnecessary stress and arguments.



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