



LIFE CHANGE & TRANSITIONS LLC

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Specializing in Marriage Reconciliation, Separation and/or Divorce

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COPARENTING COACHING

There is a way to do this even though you don't get along or maybe don't really like one another. There is a way to do this despite being divorced, because a healthy person has a keen awareness that to do otherwise jeopardizes their child's well-being now and in the future.

In fact, if you can co-parent after a divorce, you actually show your children that although the marriage has ended, you are still a family. That they still have parents they can rely on to put them first and do what is right for them.

Making your child the priority means you understand that coparenting helps **them** and you endeavor to do all that you can to work together with their other parent to make sure you are **both working together for them!**

If you think your child is going to be happier after divorce, you are wrong. I am sorry to tell you that, but it is true. **The only way you can minimize the collateral damage your divorce is going to have on your child's well being, is to coparent with your former spouse.** Coparenting is the single most important skill you can learn to ensure that the effects of your divorce on your children are minimized.