Tips for Better Coparenting with Others Who Live with You

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Coparenting happens when you share the care of your child with someone else in your home. It could be the other parent, your partner, or spouse. You may coparent with your child's grandparent or someone else close to you. Coparenting means caregivers working together to be better *partners* while parenting. You and your coparent will not always agree on what is best. Communication is key.

HERE ARE SOME TIPS FOR REDUCING STRESS WHILE COPARENTING.

Get organized. Try a calendar or app to help your family stay on track. Set aside time for fun too! Start a tradition like family bedtime stories or Sunday playground trips. These rituals bring connection to busy days. A schedule will help you feel more organized. It will also help your little one(s) feel secure as they will know what to expect.

Share the care. Maybe one caregiver is the one with lots of patience for tantrums. Perhaps the other is better at long car drives and Grandpa is best at bedtime. Be flexible about who does what. If you need to switch things up, ask for what you need: "*Can you please take the next tantrum? Bad day*."

Admit it when you mess up. If you've made a mistake, apologize in front of your kids. You may even say "sorry" to your kids sometimes. Apologizing actually strengthens your relationships and gives your child a good example to follow.

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Avoid gatekeeping. Often, one caregiver feels that their partner takes too much control of the way things are done. Be open to learning from each other. If all caregivers are comfortable sharing their perspectives, everyone gains more insight.

Respectfully disagree. Aim to speak clearly to your coparent. Avoid the absolutes "never" and "always" as they can increase conflict.

Allow for differences. Your coparent won't always do things just like you. That is okay! Children thrive even when things are done differently. Let your coparent and your child find their *own* way. It helps them build a special bond.

Express gratitude. Being a parent is a lot of work! Having a grateful partner is a small thing that can make a big difference. Appreciate the little things. Perhaps your parenting partner will do the same.

SCAN FOR MORE INFO

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