

Co-Parenting Communication Cheat Sheet

Keep the Peace | Keep the Focus on the Kids | Say This, Not That

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Say This, Not That

- ✓ "Let's figure out a schedule that works better for everyone."
- ✗ "You're always late, and it's ruining everything!"
- ✓ "I thought we agreed on this plan; can we revisit it?"
- ✗ "Why can't you ever just do what we agreed?"
- ✓ "Our child mentioned they had a tough day—just wanted you to know."
- ✗ "The kids hate being at your place."

Do This, Not That

- ✓ Share important updates without being asked.
- ✗ Withhold information to prove a point.
- ✓ Keep conversations focused on solutions.
- ✗ Bring up past arguments that don't help.
- ✓ Respect each other's time and boundaries.
- ✗ Use the kids as messengers or leverage.

Signs of Controlling Co-Parenting

- ▶ Your schedule is constantly monitored.
- ▶ They pressure you to agree "for the kids" or because "it's what's best" without discussion.
- ▶ The kids are put in the middle or asked to pick sides.
- ▶ They refuse to compromise on reasonable changes.



What Healthy Co-Parenting Looks Like

- ✧ Communication stays focused on the kids.
- ✧ Decision-making is collaborative.
- ✧ Respect for each other's time and parenting styles.
- ✧ Boundaries are clear and consistently honored.

Want more real-talk tips?

Read the full article here:

<https://bluebonnetacs.com/co-parenting-101-say-this-not-that-and-keep-the-peace-for-the-kids/>

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