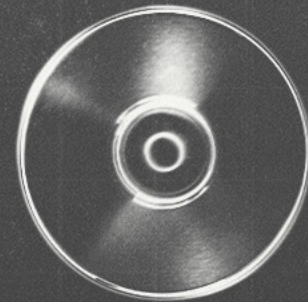


# Generation to **GENERATION**

Uncommon Parenting Conference





# Co-Parenting with Confidence

**GayLa Grace**

**Writer and Speaker, FamilyLife Blended®**

Uncmn

# 5 Categories of Co-Parenting

Dr. Constance Ahrons

*The Good Divorce*

# 1. Perfect Pals

- Consider themselves good friends
- Talk with each other once or twice a week, plan things together and sometimes get together without the children
- Stay well connected with each other's extended families, perhaps even spending holidays together

## 2. Cooperative Colleagues

- Cooperate and consult with each other about the children, but they don't have a personal relationship with each other separate from the the concerns of the children
- Don't consider themselves friends
- They talk often but compartmentalize their relationship

# 3. Angry Associates

- Tend to feel angry most of the time and have an argument when they have to talk to each other about plans for the children
- Anger from the past continues to spread into related and non-related issues
- Not uncommon for angry associates to move to fiery foes or cooperative colleagues over time

# 4. Fiery Foes

- Rarely talk to each other and when they do tend to be angry and argue or fight
- They don't want to see each other and avoid contact as much as possible
- Often need a third party (lawyer, friend, child) to settle their disagreements

# 5. Dissolved Duos

- Totally discontinue contact with each other
- One parent usually disappears from the children's lives, often leaving the geographical area where the family lives



# Goals of Co-Parenting

How can we practically live them out

# Co-Parenting Goal #1:

- Focus on the Serenity Prayer:
  - God grant me the Serenity to accept the things I cannot change,
  - the Courage to change the things I can,
  - and the Wisdom to know the difference.

*Reinhold Niebuhr*

# Romans 8:5-6 (AMP)

“For those who are *living* by the flesh set their minds on the things of the flesh [which gratify the body], but those who are *living* according to the Spirit, [set their minds on] the things of the Spirit [His will and purpose]. Now the mind of the flesh is death [both now and forever – because it pursues sin]; but the mind of the Spirit is life and peace [the spiritual well-being that comes from walking with God – both now and forever].”

# Co-Parenting Goal #2:

- Seek to maintain a cooperative relationship with your former spouse
  - “If it is possible as far as it depends on you, live at peace with everyone.”
  - *Romans 12:18*
- Remember the WHY!
- It’s possible to have a strong parenting partnership even if you didn’t have a strong marriage

# Co-Parenting Goal #3:

- Recognize that a healthy co-parent is a stable person
- The practical details of co-parenting can't happen smoothly in the midst of a toxic environment

# Co-Parenting Goal #3:

- Where is your focus?
- Philippians 4:8 (AMP)
  - “Finally, believers, whatever is true, whatever is honorable and worthy of respect, whatever is right and confirmed by God’s Word, whatever is pure and wholesome, whatever is lovely and brings peace, whatever is admirable and of good repute; if there is any excellence, if there is anything worthy of praise, think continually on these [center your mind on them, and implant them in your heart].”

# Co-Parenting Goal #3:

- Practical issues that keep us stable as co-parents
  - Perhaps wrestling with unforgiveness toward a former spouse
  - Co-parenting meetings in a public place
  - Congenial hand-offs with the kids
  - Self-care
  - Be flexible
  - Communicate effectively
  - Leave kids out of adult decisions
  - Heal yourself
  - Find a support network

# Co-Parenting Goal #3:

- Where does our identity lie?
  - Titus 3:4-7 tells us we are loved and saved by God's mercy; we're heirs of God which means we're a person of surpassing value.
  - When our worth as a person comes from God, we don't have to seek it from another person.



# Co-Parenting Goal #4:

- Create and maintain healthy boundary setting
- Consider if grace should be applied with your boundary