

# Tips for co-parenting during COVID-19



## Create a healthy environment

Parents may have concerns that transferring their child from house to house may introduce more opportunities for exposure to illnesses.

- It is important to follow the CDC, state and local recommendations for best practices (e.g., stay home when sick, proper handwashing, cleaning regularly touched surfaces).
- Create a brave space to have conversations around anxiety, stress, uncertainty and loss to promote your children's emotional health as well as physical health.

## Maintain structure while embracing flexibility

Children of all ages thrive when they have predictable routines.

- However, parents may need to adjust plans and other arrangements to accommodate changing schedules and shifting priorities.
- Life disruption as a result of any crisis may necessitate flexibility. Model empathy by adapting schedules when possible. Practice patience with yourself, your children, and others when possible.

## Build bridges and practice compassion

Remember, this is an ever-changing situation. Avoid exposing children to conflict.

- Make it a priority to use healthy conflict management skills when having discussions in front of children.
- Encourage connectedness with the other parent. This would be a great time to use technology to have a virtual visit with the child's other partner and extended family. Arrange a virtual visit, play a virtual game or read a book together.

## Self care

You, too, may be feeling overwhelmed.

- Take steps to keep yourself physically and emotionally healthy as you co-parent.
- Be intentional about scheduling personal time to recharge and decompress.
- Given isolation and loneliness are public health concerns, stay virtually connected to both your family and social network.