

Finding Common Ground & Enhancing Alignment

Step 1

Reflection and Preparation

- Before meeting with your spouse or co-parent, take some time to reflect on your own parenting priorities, values, and goals.
- Think about which aspects of your parenting approach you are willing to be flexible about and where you feel more steadfast.
- Take note of any specific areas where you believe you and your spouse or co-parent might find common ground.

Step 2

Sharing Perspectives

- Before meeting with your spouse or co-parent, take some time to reflect on your own parenting priorities, values, and goals.
- Think about which aspects of your parenting approach you are willing to be flexible about and where you feel more steadfast.
- Take note of any specific areas where you believe you and your spouse or co-parent might find common ground.

Step 3

Identifying Shared Goals and Values

- After both of you have expressed your views, it's time to identify shared goals and values.
- These could be related to your child's academic success, emotional well-being, or the development of life skills.
- Focus on finding common ground and shared objectives that both of you can agree upon.

Step 4

Compromise and Flexibility

- The essence of co-parenting lies in compromise and flexibility.
- Finding common ground may require adjustments and a willingness to meet half-way.
- Identify areas where you can be more flexible and open to integrating elements from each other's parenting approaches.

Step 5

Creating a Shared Parenting Plan

- Collaboratively develop a shared parenting plan that reflects the identified common ground and shared goals.
- Discuss and establish clear expectations and boundaries for your child based on the shared values and objectives.
- Ensure the plan is specific, actionable, and includes practical strategies that both parents agree upon.
- It should cover discipline, communication, involvement in your teen's life, and decision-making processes.

Step 6

Regular Check-Ins and Adjustments

- Regular check-ins and ongoing communication between parents is vital.
- Schedule periodic meetings or discussions to evaluate the effectiveness of the shared parenting plan and make any necessary adjustments.
- Use these discussions to provide feedback, share concerns, and express appreciation for each other's efforts.

Step 7

Seeking Trustyy Coaching if Needed

- If you find it challenging to reach common ground or improve communication, consider seeking professional support from therapists, coaches or counselors who specialize in co-parenting.
- Trustyy offers specialized coaches who can provide specialized guidance and mediation when needed.