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SOLUTIONS TO A DIFFICULT CO-PARENTING RELATIONSHIP



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Life sometimes doesn't go as planned. While marriages are the most delightful thing, they sometimes come to an abrupt and sad end. Both parties decide to stay apart and call it quits, but there is still the question of the children.

What happens to the children born during this wedlock? Who takes care of them and ensures they are well-fed and groomed? Well, this is where co-parenting comes in.



Co-parenting involves the joint partnership of two individuals in raising a child. Unlike a home setting, the two individuals do not have any intimate relationship together and are mostly focused on the child or children and how to raise the child or children properly. While this may sound like a fruitful gesture, problems tend to arise when there is a bad relationship between the two individuals.

Are you a co-parent? Are you finding it hard to fulfil your duties due to a bad relationship with the other co-parent? Well, we have provided some easy solutions in this article. Continue reading to find out more.



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KNOW YOUR PRIORITY

While you are co-parenting, you must not forget the main focus of every co-parenting venture, the children. You are not co-parenting for yourself, or the other co-parent but for the children. They come first and everything should be done in their interest. When this is settled, it becomes quite easy to adopt other solutions.






TOLERATE YOUR CO-PARENT

Co-parenting is expected to be fruitful but when there are disagreements on how best to raise a child, problems are inevitable. As a man, you must learn to tolerate your fellow co-parent. Remember you are not always right.

However, this doesn't mean they are always right too. Approach every problem with an open mind and try to see from their point of view. Also, learn to communicate your opinions without sounding bossy or degrading.



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LET THE PAST REMAIN IN THE PAST

Co-parenting is not an opportunity for you to table your co-parent's faults from the past. Whatever reasons may have caused a divorce become inconsequential during co-parenting.

Sometimes most parents tend to bring up matters from the past to gain favor in the eyes of the child and discredit the other co-parent. While this might seem right, it is absolutely wrong and could significantly mess up the development of the child.

Let the past remain in the past and be united with your co-parent to ensure that the child is raised appropriately.






REMAIN FORMAL

During co-parenting, old relationships should never matter. While addressing your co-parent you should try as much as possible to remain formal. Remember you are here in the child's interest and not in yours. So any conversation should involve how to raise the child properly and how best to improve areas where you might be lacking.



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KEEP YOUR COMPOSURE

During every co-parenting venture, there are bound to be disagreements. When these happen, you must learn to keep your composure. Remember the child is observing your disposition and your actions. The last thing you want is to render years of parenting useless due to a lack of composure. Remain calm and learn to deal with disagreements calmly.



COOPERATE WITH YOUR CO-PARENT




Cooperation in co-parenting yields the best results. It's a partnership and when one partner fails, the other partner is also in danger of failing too. However, when there is active cooperation targeted at raising the child, everything becomes much easier with little or no disagreements.

EVERYONE WINS OR NO ONE WINS

Co-parenting is not a competition to show the child who is the better parent. There is no winner and there is no loser. Rather there should be a partnership whereby everyone wins. When the child is successful, both co-parents can derive contentment from their efforts. Remember, it is not a competition. Everyone wins or no one wins at all.



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VISIT A CO-PARENTING COUNSELLOR

This is a solution you should never ignore. If you have never co-parented before, visiting a co-parenting counsellor with your other co-parent is a wise idea. Together, you both can learn how best to co-parent and other numerous things every co-parent should know.

Also, when everything gets confusing or tasking, a co-parent counsellor is someone you can call for advice on these matters. In cases of disagreements, a co-parent counsellor is one of the best persons to settle dispute amicably and in favor of the child/children.




Being a good dad in the past doesn't mean you know what it takes to be a good co-parent. Learn all about co-parenting and ensure you are on the right track even before you start.

In conclusion, a co-parenting relationship, it takes two people to raise a child. While there might be a few disagreements, utilizing the solutions in this article would not only help you be a better co-parent but also a better person.

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