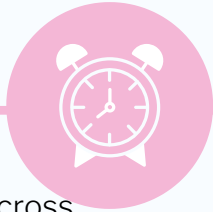


# How to Co-Parent During a Pandemic

## AIM FOR CONSISTENCY



Maintain similar expectations across households on handwashing, face-mask-wearing & social distancing .

To start a COVID-19 co-parenting plan, have each parent submit a safety proposal to each other, without having seen the other's first, to see if there are any areas of agreement. Then, communicate & compromise.

## EXPRESS FORGIVENESS & GRATITUDE



We are all experiencing unique disruptions to our daily lives.

Non-primary caregivers may do a favor for co-parents who have taken on additional parenting responsibility. Children may be encouraged to spend more time videoconferencing with their lesser-seen parent to maintain closeness.

## CONSIDER TRANSITIONS



The movement from one home to another can be a challenging process for children.

Co-parents may consider designating a transitional object, like a pet or toy, that can move back and forth across homes with the children.

## MONITOR CHILD WELLBEING

This is a stressful time for everyone, including children. Prompt & purposeful communication between parents should be used to monitor changes to child wellbeing including sleeping, eating and emotionality. Some parents may use a form email or template to facilitate this communication.



## FOSTER FEELINGS OF TOGETHERNESS

Now, more than ever, it is important to highlight a sense of togetherness and security. Families may consider starting a fun task, like an engineering or art project, that travels with the children between homes.



## BRAINSTORM WAYS TO BREAK ROUTINE

You are staying at home, but you don't have to be bored.

Brainstorm ways to creatively celebrate holidays, participate in seasonal activities and help children plan a meaningful Mother's or Father's Day for their other parent.

