



## Co-parenting

Categories : [Plan of Safe Care](#)

Open communication with your co-parent is important for the emotional, social and developmental growth of your child. Working together to create and follow your child's Plan of Safe Care will help to keep both parents on the same page.

Consistency and stability is important for all children. Consistent environments, routines and rules in both homes help the child transition smoothly. This includes everything from creating a similar sleep setting in both homes to participating in meetings or counseling related to your child's growth and development together.

If you are working with a counselor or mediator to help with the co-parenting process, it is important to stay focused on the goals and actions that best support the child. The counselor or mediator is there to support you in working towards your shared goals. He or she can help guide positive communication between co-parents.

### **TO FIND PROVIDERS IN CONNECTICUT'S COMMUNITY RESOURCES DATABASE:**

Search by program name: [Co-parenting Workshops](#)

### **ADDITIONAL RESOURCES**

- [Healthy From Day One](#)

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*SOURCES: Psychology Today; Zero to Three*  
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