

## Co-Parenting Tips/Parenting Groups

Categories : [Plan of Safe Care](#)

Parenting Groups meet throughout the state. They are places to ask questions, gain knowledge and connect with other parents. Local parent groups, and parent-child programs, are also great ways to meet other parents and build a circle of support. In Connecticut, there are groups for expecting parents, new parents and parents of children with special needs. While some groups focus on parent education, others offer parent/child activities. Different groups are available based on the age of your child(ren).

The importance of co-parenting when both parents are not present in the same home is important for the emotional, social and developmental growth of a 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](#)
- [Home Based Parenting Education](#)
- [Parenting Education](#)

### ADDITIONAL RESOURCES

- [Healthy From Day One](#)

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SOURCES: 211; Novak Djokovic Foundation; Psychology Today

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