

GOOD COMMUNICATION BETWEEN PARENTS HELPS KIDS



COPARENTS: Adults are recognized as a child's parents who act and communicate to ensure the child's well-being, regardless of their parenting situation.

The 3 pillars of coparental communication in any family are listening, talking, and working together to find solutions.

Everyone has strengths and things they need to work on. What are yours?

TAKE THE TEST →

79% of mothers **84%** of fathers

Say they are satisfied with how they and their coparent communicate.

Most parents feel free to express their views (88%), but fewer feel heard (75%).

* Data taken from a survey on coparenting carried out by SOM for Regroupement pour la Valorisation de la Paternité (RVP) with 1,040 fathers and 1,075 mothers in Quebec in June 2020.

Listening

Understanding what the other person is going through

- I try to put myself in my coparent's shoes.
- I resist the temptation to interrupt them.
- I focus on what they're saying, not on how I'm going to reply.
- I try not to interpret what they say based on what I think they think.
- I accept that my coparent has different experiences than me and expresses themselves differently.
- I make sure I have understood what my coparent has said.

Quick tip:

In difficult situations, make time to listen to your coparent, without talking. Then take your turn to speak at another time, like the next day, for example.

Talking

Expressing your feelings and wishes

- I'm not afraid of being judged and I feel I can be myself.
- I discuss and negotiate solutions with my coparent.
- I don't let frustration build up.
- I also talk about the things I like about my coparenting relationship.
- I try to offer practical ways of finding solutions and improving the coparenting relationship.
- I don't use my child to pass messages.

Quick tip:

Remember that communication isn't just verbal. There are many ways to "talk," including eye contact, gestures, letters, texts, post-its, and more.



Finding solutions together

Taking action to improve things for everyone

- We look for solutions to improve the situation.
- We negotiate and try to adapt to determine the best course of action.
- We discuss the effects of our actions and adjust them as needed.

Quick tips:

- Center your discussion around the child. During difficult discussions, ask yourself what the child would say if they were listening.
- Make time to communicate and talk about your needs.
- Talk about the positive aspects of your coparenting relationship.
- Choose a good time for solving problems.
- Have a signal (like a gesture or a word) to defuse tense moments.
- Seek professional help if needed.



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