



## POSITIVE CO-PARENTING: STRATEGIES TO USE WITH YOUR CHILD AND CO-PARENT

Positive parenting is an approach to caring for your child that also has useful applications in your other relationships, including your relationship with your co-parent and family members.. This chart examines the core principles of positive parenting and gives examples of ways to implement them with your child and with your parenting partner.

Research consistently shows positive discipline to be the most effective. Positive discipline strategies can be useful in other relationships, as well! Here’s our guide to dual-purposing positive discipline strategies with your co-parent AND your child!

Core Positive Parenting Principle	Strategies (use with child)	Strategies (use with co-parent)
Responsive to needs	<ul style="list-style-type: none"> <li>Know your child’s unique traits, personality, temperament, etc. Each kid needs different things! Respond by meeting your child’s needs, not what you or anyone else suggests your child needs.</li> </ul> <p><b>Subscribe to view all strategies...</b></p>	<ul style="list-style-type: none"> <li>Ask specific questions and share your needs related to work/weekend schedules, the best days to visit, etc. to ensure the needs of both you and your parenting partner are considered and met.</li> </ul>