



Covid Co-Parenting: Things to Consider

The Covid Co-Parenting Conundrum

As coronavirus began its infiltration in 2020, people all over the world were faced with unprecedented questions about health and safety. These questions, while difficult for anyone, proved especially complicated for co-parents. You and your parenting partner may have spent significant time working through these new issues in your parenting plan.

How much of a threat is this virus to our family?

How do we balance our physical safety and our emotional need to connect with others?

What's the best course of action to keep healthy?

How do I monitor my anxiety around this issue? How do I monitor my child's anxiety?

What will we do if one of us is sick?

What is our comfort level around indoor events? Larger-group events? Outdoor gatherings? Interactions with people who are not vaccinated/boosted?

Where will we keep vaccination cards/records?

What will our mask-wearing protocol be? What will our expectations be of others with whom we will be in close contact?

Does anyone in the family have any particular conditions that would make him/her vulnerable to the virus?

What's the best course of action to keep healthy?

How do I/we talk about the virus/health-related matters with my child?

How do I monitor my anxiety around this issue? How do I monitor my child's anxiety?

What will we do if one of us is potentially exposed to the virus?

Will we vaccinate (or get booster shots for) ourselves? Our child? If so, how will we make arrangements for this?

Will we purchase/seek to obtain Covid tests? Whom will be responsible for this?