

## 10 Tips for healthy co-parenting

1. Put your ego aside
2. Have the parenting talk
3. Practice healthy communication
4. Check in with children
5. Set healthy co-parenting boundaries
6. Come up with a plan for co-parenting
7. Prepare kids for blended families
8. Strive for unity as parents
9. Consider therapy when faced with unresolved conflicts
10. Seek out resources for a healthy co-parenting



# Healthy Parenting

**Terry C. Jones**



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