

## Categories of Co-parenting

When it comes to the types of co-parenting, the majority of parents can be put in one of five categories:

### *Perfect Pals*

Perfect Pals are divorced parents who still travel together, maybe they own a business together, and they're still very close. They interact a lot and their lives are still very connected. This can give confusing messages to kids.

### *Cooperative Colleagues*

Cooperative Colleagues are like Co-CEOs of a business. They communicate often and are invested in the outcome of their child's life. This is the sweet spot and *best category for parents to be in*. That cooperation is really, really critical. From a kid's perspective, if moms and dads can show up and be neutral or somewhat cooperative in public that turns the dial way down on their anxiety.

### *Angry Associates*

Angry Associates is a common place for most parents when they're first divorced. Their anger hinders their communication. Sometimes the process of the legal side of divorce makes the anger and pain worse.

### *Fiery Foes*

Fiery Foes are the people that really don't talk much, and when they do, they fight. They are constantly picking at the other person to hurt them and get back at them. They're really angry, but they take it a level deeper, in that they really want to put the other person down.

### *Dissolved Duos*

Dissolved Duos have turned their back on one another. They don't speak, they don't have any method of communication. When dissolved duos don't speak, that puts the entire responsibility of communication on the kids. This is the worst thing you can do to a kid after divorce.

## What's BEST for your Child?

The research shows, what helps kids adjust to life after divorce more than anything, is when moms and dads can get on the same page and find a way to be cooperative colleagues. Ask yourself these questions, Where am I today? Am I angry? Am I firing the darts at the other person? Am I just done, a brick wall parent? And then what can I do to begin to adjust moving myself towards a cooperative colleague? This may be a hard journey, but keep in mind what your kids need most is for mom and dad to cooperate, to not put them in the middle of the war.