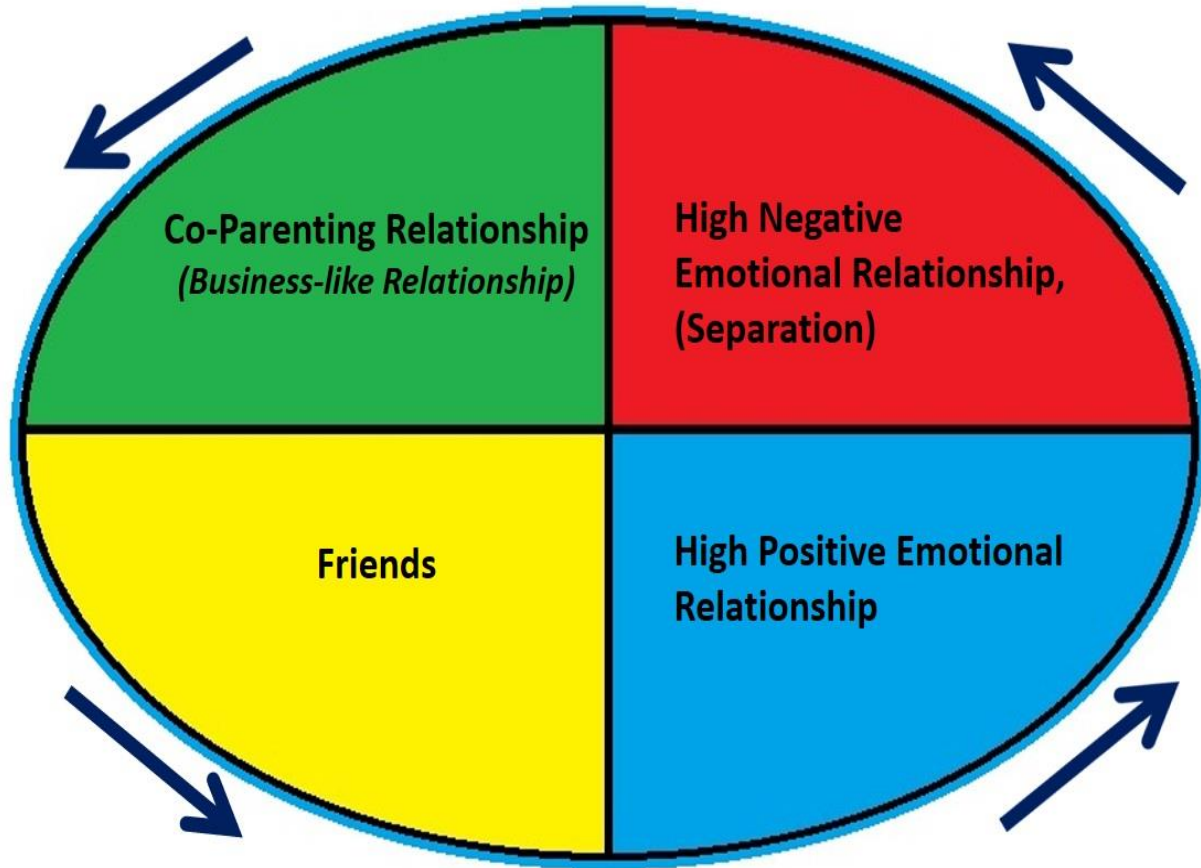


# Co-Parenting Business Like Relationship

The business-like relationship is something that is core to successful post separation co-parenting and the emotional divorce of parents.



## Cycle of Relationship

Most relationships go through cycles, they begin with being acquaintances or through work, they may then evolve into friendship and then on into High Positive Emotional Relationship and intimacy. When relationships break down and negative intimacy develops, evolving into a High Negative Emotional Relationship the relationship may become destructive can be very damaging for parents, involved adults and children.

## The Separated Parents Relationship

Now we are no longer a couple but have children, we need to develop and maintain a different relationship that is about parenting:

- We know it is damaging for our children if we fight and argue.
- Our children need to see us working together, keeping their best interest at the centre of all decision making.

## Why Aim for a Business-like Relationship?

- It is achievable! We have all worked or had business dealings and had to deal with difficult people in a positive manner.
- Trying to be friends may lead to personal boundaries being crossed or mixed messages being sent. It can be way too difficult for recent separations. Establish clear boundaries.
- A business-like approach keeps our emotions in check and allows us to make thinking rather than emotional decisions.
- A business-like approach that is future focused without being clouded by past experiences.
- A business-like approach emphasizes that we are now in a new relationship.
- A business-like relationship is based on decisions that work for our children and that we can live with.

## How to Do it

- Focus on your core business. Your children.
- Treat the other parent as a business partner.
- Your joint goal is to raise the best possible children.
- Be responsible for your own behaviour.
- Don't wait for the other parent to change.
- Respect each other's differences, parenting and communication and work together.
- Try not to spring issues on each other. Flag them allow the other parent time to think.
- Treat your interactions as you would a formal work meeting.
- Clarify issues and source information to obtain all the facts you need before making a decision.

### Use the On-Duty Parent / Off-duty Parent Concept.

*Co-parenting will be much smoother if parents think of the parenting timetable as a roster of who is on-duty and who is off-duty. The parent who is on-duty is the one making the day to day decisions during that time. Keeping this concept in mind will prevent many problems arising. At the changeover to the other parent being on-duty a brief handover with any relevant information for the other parents "shift".*

***Be a parent that is:  
Bigger, Stronger, Wiser  
and Kind.***