

Co-Parenting After Separation

A practical, child-centered guide for separated parents: telling the children, a parenting plan, schedules, communication, money, two homes, new partners and looking after yourself.

E-BOOK • US LETTER

- Keep your children at the center
- Parenting plan, schedules and agreements
- Handover log and communication tools

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This e-book offers general ideas for separated parents. It is not legal, financial or psychological advice. Rules for custody, parenting plans, child support and benefits differ by country and state. Consult a family lawyer, mediator or local authority about your situation. If there is violence, abuse or you feel unsafe, contact the police or a domestic violence helpline first; co-parenting advice in this book assumes it is safe to work together.

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