



Co-Parenting After Divorce

If you have made the decision to separate or get a divorce and you have children, you will likely have many questions about what comes next. “How do we talk to our children about the divorce?” “How can I possibly share parenting effectively with my former spouse when we can barely speak to each other?” Divorce may be the end of a marriage, but it is not the end of the family. Your role as a parent continues on long after your role as a spouse has ended. Successful co-parenting can be established by making a conscious decision to place your children’s sense of security first by working out an amicable way to parent together.

Research shows us that children tend to adjust to divorce with less difficulty when they are able to maintain the family relationships that are important to them and when their parents are able to cooperate with each other. Ongoing conflict and interruptions in parenting are typically the issues that create more distress for children than the divorce itself. The good news is that *parents* can positively impact their children’s ability to adjust by how well *they* navigate the challenging experience of separation and divorce!

In Step, PC offers assistance for parents who want to navigate the process of separation and divorce with the health of all family members in mind and establish a cooperative parenting relationship. Therapy sessions are designed to develop strategies to improve communication and cooperation that meet your family’s specific needs and circumstances, and that meet your children’s unique developmental and emotional needs. If you are considering separation or divorce or are in the process of separation or divorce and would like to meet with a therapist about positive co-parenting, please contact In Step, PC at 703-876-8480 or visit www.insteppc.com.