

# THE TOP 10 BENEFITS OF CO-PARENTING



1. Children learn to develop proactive coping and negotiation skills when parents model those behaviors
2. Children with parents that model respect develop higher self-esteem and social maturity
3. Children see communication and cooperation skills
4. Children develop better relationships with both parents
5. Children are not caught "in the middle" of conflicts
6. Parents who co-parent well have less stress and conflict in their own lives, allowing more time to focus on fun with the children
7. Parents are able to jointly participate in more children activities if they have a positive relationship
8. Family remains an arena of safety and comfort allowing children to grow up with more confidence
9. Children learn organizational skills when expectations are similar
10. Children learn to resolve disagreements in a respective, effective manner



<https://www.cofamilycenters.org/fatherhood-initiative/>