

# 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/>