



coparenting

Coordinated. Cooperative. United.

A supplemental parent-education module designed to offer support to parents and caregivers as they coparent their children alongside other adults.

Parents and caregivers who present a united front for children regarding rules, limits, consequences, and demands placed on children can ensure a positive environment for their children. Being a coparent means being part of a team, and, regardless of who is part of that team, teams work better when the whole team is on board, and a plan is in place. When parents and caregivers think about and improve how they care for their children as a team, they can create a coparenting plan that cultivates consistency, coordination, and unity.

The program will address specific concerns or challenges parents and caregivers might have as they coparent their child alongside other adults. In addition, parents and caregivers will learn strategies and gather insights into what they might be experiencing as coparents and will explore how they can work together to create a coparenting plan.



This supplemental module builds on information and strategies that are discussed in the four universal Thrive parenting programs – *Take Root, Sprout, Grow, Branch Out* – so it is recommended that you participate in the age-appropriate universal Thrive parenting program prior to using the supplemental module.



In this module, you will learn how to do the following:



Explore your and your coparent's parenting ideas, values, and attitudes.



Manage differences in coparenting expectations and goals.



Discuss expectations of and preferences for childcare responsibilities with your coparent.



Construct a parenting coordination plan to support a consistent and united front approach to caregiving.



Foster supportive coparenting behaviors such as actively cooperating, investing in caring for/attending to children, showing warmth, and displaying mutual respect.



Develop a coparenting plan that addresses potential obstacles and encourages teamwork.



Discover other tips to improve coparenting unity, such as promoting parents' mental health, decreasing family stress, and providing emotional support.

For more information about the Coparenting supplemental module, visit:

<https://thrive.psu.edu/modules/supplemental/>