

Reducing Parental Conflict

Toolkit Resource: Questions for co-parents living apart

An activity which practitioners can print out and use with parents.

Examples of questions for co-parents who live apart to consider the arrangements for their children now and in the future:

- **What would you like the day to day care arrangements for the children to look like? Who will take them to school and pick them up from school? Where will they sleep during the school week?**
- **What about your co-parent? Is it safe for the children to spend time with your co-parent? What level of care do you see them having? Think about the practical arrangements like travel, school uniforms, homework, toys, siblings, pets, etc**
- **Will this work for your children? Should you ask them what they want? Will all the children have the same view? Will your child's voice be more important as they grow?**
- **What will care arrangements look like for special occasions like birthdays, religious holidays, father's/mother's day?**
- **What about holidays? Will these be abroad or in the UK?**
- **How will you and your co-parent make decisions about education like the choice of school, subjects, parents' evenings etc?**
- **How will you make decisions around your child's health with your co-parent? Who will make appointments with the GP and dentist? How will you share information?**
- **How will you deal with a child's request for a tattoo or piercing? Will there be a process for you to discuss this with your co-parent?**
- **How will you keep your child safe in relation to sex, alcohol and drugs? How will you work with your co-parent in this respect?**
- **What else is important to you? Do you want your child to be raised in a certain faith or with certain cultural values? What about a second language or the need to understand ethnic roots by mixing with extended family?**
- **How and when will new partners be introduced to the children? What role will they take and what will they be called by the children?**
- **How do you want to communicate with your co-parent? Phone, text, email or parenting app?**
- **What about money? Does one co-parent need help from the other? Will this be a regular payment or for expenses like school trips?**

Note: Parents should be referred to Cafcass website for a parenting plan:
[cafcass.gov.uk/grown-ups/parents-and-carers/resources-parents-carers](https://www.cafcass.gov.uk/grown-ups/parents-and-carers/resources-parents-carers)