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### **Ground Rules for Co-Parenting**

1. Keep your children in the front of your mind. You are working for them.
2. Do not interrupt each other. You will both have the opportunity to be heard.
3. Treat each other with respect and curtesy. Sarcastic, demeaning, or belligerent behavior is not productive. It is your sole responsibility to remain productive throughout this process.
4. Stay focused on one issue at a time. Working all the way through an issue from both perspectives, provides an opportunity to identify and develop methods for addressing assumptions and misunderstandings in communication.
5. Keep your focus on improving the future for your children. You do not want your relationship with each other to burden them.
6. No blaming, swearing or name calling. You must commit to behaving in a productive fashion for your children.
7. Absolutely no yelling. You are 100% responsible for keeping your own behavior productive throughout this process.
8. While you do not have to agree, you do have to make a commitment to try to see the issues from your co-parent's point of view.
9. If you do not agree with something your co-parent says, that does not automatically mean your co-parenting is lying. There may be other reasons you do not see an issue or situation in the same way. Allowing for this possibility is essential for developing the necessary problem-solving skills that support a collaborative co-parenting relationship.
10. If you feel overwhelmed or unable to continue productively, ask for a break.

**For the sake of my children, I agree to adhere to the above co-parenting ground rules.**

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Signature

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Date