# Welcome to the Dad Allies Provider Learning Series

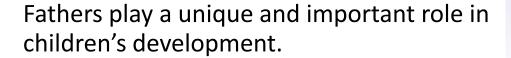
# Co-parenting 101: Foundations of Healthy Co-parenting

January 16, 2025



### Fathers and Parenting

We know that: Child and family well-being improve when fathers are positively engaged in their children's lives.



Fathers should have support and resources to become the fathers they aspire to be.







# Exest babies



# Co-parenting 101: Foundations of Healthy Co-parenting

By Sydney Swonigan

### **Agenda**

Welcome

What is co-parenting and why is it hard?

**Break out discussion (10 mins)** 

**Debrief (5 mins)** 

**Establishing healthy co-parenting pt 1** 

**Group discussion (10 mins)** 

**Establishing healthy co-parenting pt 2** 

Q&A + break (10 mins)

Establishing healthy co-parenting pt 3

Group share - what's one step you'll take next? (10 mins)



#### **About me**

#### **Sydney Swonigan, CPCC (she/her)**

- Mom to a 10 year-old-son Dior
- Co-parent since 2017
- Seattle native
- Love skiing, Afrobeats music, traveling
- CEO, Founder of Exes & Babies
- Microsoft Sr Business Program Manager





#### **Mission**

Uplift and up-level the coparenting community by sharing real stories and resources that inspire positive relationships within blended families.

- **Certified coaching**
- Workshops
- Podcast (YouTube, Apple and all podcast platforms) - please subscribe
- Social events And more





### **Design Our Alliance**

Be Respectful

Open up and share

Judgement-free zone

**Be Present** 

Ask for what you need



# "By the age of 9, more than 1 in 5 children experience parental break-up." -Pew Research



### **3 Co-parenting Types**

High conflict co-parenting

Parallel co-parenting (most common)

Collaborative co-parenting



### Why is co-parenting so hard?

Our environment (media, society)

What are the leading causes of breakups and divorce?

Feelings of shame & failure

Lack of healthy examples



### **Break Out**

How would you describe your co-parenting style or one you witness most?

What are some barriers you see with coparenting?

# 6 Steps for Healthy Co-parenting

Disclaimer
This guidance is for <u>willing</u> co-parents



### 1 Clean the Slate

"You are not a failure"

**Forgive** 

Throw away old ideas of co-parenting



Start Over

### 2 Vision

What kind of adult are you raising?

What shared values are you instilling?

**North Star** 



#### **Values for Dior**

- Independence
- Health
- Education/learning
- Financial wealth/literacy
- Empathy/love of others
- Presentation/Swag
- Responsible
- Black male leadership
- Love of identity
- Self-love
- Self-awareness
- Family
- Eclectic well rounded



# 3 Co-parenting Principles

A plan for interactions and problem-solving

Wishes and boundaries for team culture

Design your coparenting dynamic



## Co-parenting Principles

We are a team in raising \_\_\_ "We're team Dior"

Grace

**Empathy** 

**Assume positive intent** 

**Compromise** 

Ego check

**Self-manage (regroup later)** 

Don't try to control the other house

**Accountability** 

Communication

**Focus on Dior** 

Respect

Recognition



### **Group share**

Which principles do you already practice?

Which would you throw away or keep?

What's your team name?



# 4 Parenting Plan

Map out logistics

Address issues before they exist

Collaborate with North Star and Principles in mind



# 5 Routine Meetings

Child check-in

How is school, health, routines, home transitions, etc.?

Co-parent culture check-in (feedback, improvements)



### Q&A + Break (10 mins)



### 6 Resources

Community

Family

Coaching

**Therapy** 

Books

**Podcast** 



### **Group share**

What is one thing you've learned today that you will implement in 2025?



### Thank you



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