

# Welcome to the Dad Allies Provider Learning Series

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

January 16, 2025

**Washington  
Fatherhood  
Council**



# Fathers and Parenting

We  
know  
that:

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

Fathers play a unique and important role in children's development.

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



Washington  
Fatherhood  
Council



*Exes &  
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

*Exes & babies*



# Mission

Uplift and up-level the co-parenting 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



# Exes & babies



Co-parent Podcast



# 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 co-parenting?**

# 6 Steps for Healthy Co-parenting

Disclaimer

This guidance is for willing 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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