



Parenting is a team effort

Tips for team parenting

TIP 1: Getting to know co-parenting

***“A team is really necessary
in parenting”***

– a parent of an infant family



What is co-parenting?

Co-parenting is the way parents and other close adults involved in the care of a child work together as a **"team"** to raise a child. We might also talk about **a parenting team**.

Who is affected by co-parenting?

All families!

Cooperation between parents is always important, whatever the family structure is.

For example, the following people can be involved in supporting parents and sharing parenting

- Co-parenting includes:**
- *Fair and flexible division of labour*
 - *Mutual support and respect*
 - *Working together to raise a child*
 - *Resolving disagreements constructively*
 - *Team spirit*

- a partner
- grandparents
- godparents
- friends of the parent

