



Parenting is a team effort

Tips for team parenting

We all need praise, help and support from our loved ones sometimes, including in parenting.

Sometimes it's good to stop and think about the kind of emotional and practical support you want from your team, and how you are supporting them.



"As a parent, the other person is very much appreciated and we might even thank them regularly if the other person takes care of a situation that is difficult for me."

– a parent of an infant family



TIP 3: The importance of positive feedback and support

Positive feedback, mutual support and team spirit are important parts of effective co-parenting!

With positive feedback you can:

- Strengthen the parenting team and increase the sense of belonging
- Show appreciation for the work or effort of another person
- Brighten someone's day and support their resilience



**On our website you will find a collection of more
exercises to support co-parenting!**

<https://www.jyu.fi/en/projects/tips-for-team-parenting>