Parenting is a team effort

Tips for team parenting

TIP 4:
The benefits of effective co-parenting

Research shows that effective co-parenting has many benefits in different aspects of family life!

Benefits for the parent

Parents are more resilient and their self-esteem as parents grows.

"Brings confidence to life, self-esteem and a sense of being valued."

"There is someone who can give you support and different thoughts and ideas that you didn't think of at the time."

"You could ask if I could go for a walk or read for a while in my room. Something very small, even a few minutes."

Benefits for the relationship

Parents keep in touch, there is no need to argue about unnecessary things and it creates hope for the future.

"You can talk things through and it's not difficult to bring things up."

"Together we will find a solution for sure, so it creates a sense of hope for what the future holds."

Benefits for the child

The child can interact with both parents and grow up in a safe environment.

"The child feels they are growing up in a safe environment."

"The child learns to work with both parents."

"I can say with all my heart that we are creating a good home for our child and we are able to be such safe parents together"

Parents felt that effective co-parenting had positive effects on the individual, the relationship and the child.

"The biggest benefit is that everyday life runs smoothly and the family is doing well."

– a parent of an infant family