



Parenting is a team effort

Tips for team parenting

TIP 5:

The challenges of co-parenting

Disagreements and challenges are part of life, and all families face them from time to time.



"Sometimes when we are tired, we bicker with each other, but the arguments never last long"

"Yes, things are reconciled and we can move on from them, but the moment of disagreement itself can sometimes be unconstructive, but I would like to improve on it."

– parents of an infant family

Fatigue, disagreements over the division of labour or stress factors related to life changes can affect the functioning of your team.

These four ways have been proven to be detrimental to co-parenting:

- Belittling the other
- Sarcasm and pettiness
- Criticism
- Micromanaging

So be careful not to do these things without noticing!

It is good to remember that:

- None of us are perfect, and fortunately we don't have to be.
- Cooperation in parenting can be learned and developed. You can find exercises to help you with this on our website!
<https://www.jyu.fi/en/projects/tips-for-team-parenting>
- Support is available if you feel that you can't work together on your own.

