

ACKNOWLEDGING THE OTHER PARENT HELPS KIDS



COPARENTS: Adults are recognized as a child's parents who act and communicate to ensure the child's well-being, regardless of their parenting situation.

What is recognition?

Recognition should be a two-way street for coparents. Parents need to:

- FEEL RECOGNIZED in their parental role
- SHOW GRATITUDE FOR their coparent's contributions

Every parent is different, and each has its own strengths and challenges. The idea is for coparents to recognize their respective contributions and work together in a way that takes their individual characteristics into account.

"Do you know how important you are to your child?"

"Do you know how much I appreciate everything you do for our child?"

Why?

We all need recognition—from society, our employer, our children, and our coparent! In conflictual situations, it can be difficult to acknowledge what the other parent is doing right. And we often don't take time to show appreciation when things are going well.

Benefits of giving recognition



← FOR PARENTS →

↑ Self-esteem, confidence in their parenting skills, satisfaction, well-being

→ FOR THEIR RELATIONSHIP ←

↑ Respect, cooperation, support, ability to deal with difficulties and find solutions

= FOR KIDS



PARENTS WHO ARE MORE ENGAGED

How to get better

In any family situation, it's important to show respect for and acknowledge your coparent's **COMPETENCY, CONTRIBUTION, and DECISIONS**. Do you feel like you and your coparent mutually acknowledge what you each bring to the table? Do this exercise alone or together to examine your own feelings and, if possible, discuss them with your coparent.

TAKE THE TEST

Competency

- Recognize each other's abilities and strengths.
- Leave space for your coparent to assume their role.
- Trust your coparent's abilities, even if they do things differently.
- Don't compete with them or feel threatened by their skills.

I acknowledge my coparent's skills.

1 to 5: ○ ○ ○ ○ ○

My skills are acknowledged.

1 to 5: ○ ○ ○ ○ ○

Contribution

- Acknowledge everything your coparent does for the child.
- Take your coparent's contributions into account, even if they're different than yours.
- Show care and concern about the mental burden carried by your coparent.
- Make sure you are each satisfied with the division of work and adjust it as needed.

I acknowledge my coparent's contributions.

1 to 5: ○ ○ ○ ○ ○

My contributions are acknowledged.

1 to 5: ○ ○ ○ ○ ○

Decisions

- Respect and acknowledge your coparent's decisions.
- Try to understand your coparent's decisions without passing judgment.
- Don't criticize your coparent's decisions in front of the child.
- Work together to find common solutions when you disagree.
- Seek professional help if needed.

I acknowledge my coparent's decisions.

1 to 5: ○ ○ ○ ○ ○

My decisions are acknowledged.

1 to 5: ○ ○ ○ ○ ○

CAREFUL WITH YOUR PERCEPTIONS!

Recognition often depends on your own self-image and your perceptions of your coparent and your relationship. It's possible for one parent to feel like their contributions aren't being recognized even if the other thinks they are.

Discussing your perceptions and expectations surrounding recognition can help clarify misunderstandings.



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