

CONSISTENT PARENTING

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.

Consistent parenting

Consistent parenting is when coparents have a shared vision of child-rearing, agree on their expectations, and set common ground rules for raising their child. It helps parents avoid sending mixed messages—either directly or through their actions—that could confuse the child.

Benefits for children

- Provides boundaries and a sense of security
- Helps children understand what they can and can't do
- Improves their ability to follow instructions and family rules
- Reduces their tendency to test limits, argue, and negotiate
- Gives children an impression of harmony between their parents and eliminates loyalty conflicts

It's a challenge

Why is consistent parenting difficult?

Because each parent is a separate person with their own upbringing and life experiences.

Because there's no miracle solution! There are many ways to approach parenting. Some periods in a child's life are more difficult than others. And parents have their own moods to deal with as well.

Consistent parenting doesn't mean agreeing on every little thing or doing everything the same. It's about deciding what's important and agreeing on those things. When disagreements do occur, it's important to talk them through and come to a joint decision on the position you will take with your child.

How to make your parenting more consistent

There's always room to make your parenting more consistent, no matter what your family situation is.

Questionnaire for coparents	YES	TO improve	Coparent communication
• We try to agree on how to raise our child while acknowledging our differences.	<input type="radio"/>	<input type="radio"/>	<p>Consistent parenting requires openness and a willingness to discuss problems. Communication is crucial for avoiding grey areas and improving your coparenting. Coparents should discuss:</p> <ul style="list-style-type: none"> → Their values and expectations and their approach to child-rearing and discipline → Rules that are important for each coparent individually and for the coparents as a team → Their reactions to the child's behavior <ul style="list-style-type: none"> • Privileges designed to reinforce and encourage desired behavior • Consequences to discourage undesirable behavior
• Our child understands that there are key rules they must follow that we agree on as coparents.	<input type="radio"/>	<input type="radio"/>	
• We avoid arguing and contradicting each other in front of our child.	<input type="radio"/>	<input type="radio"/>	
• Decisions and consequences conveyed by one parent are respected by the other.	<input type="radio"/>	<input type="radio"/>	
• We take time to discuss disagreements and find common solutions.	<input type="radio"/>	<input type="radio"/>	

CONSISTENCY, CONSISTENCY, CONSISTENCY

Reacting consistently to your child's behavior helps them learn the rules you have set. Consistent parenting requires consistent coparents!

81%
of parents

acknowledge that child-rearing has **grey areas**.

86% of fathers
81% of mothers

say they are **able to resolve disagreements** about their children.



With funding from:



* Data from a survey on coparenting carried out by SOM for Regroupement pour la Valorisation de la Paternité (RVP) with 1,040 fathers and 1,075 mothers in Quebec in June 2020.