

Guide- What is Co-parenting, Nesting and Parallel parenting

Co-Parenting

Co-parenting is when two people, who are parents do not live together but share the responsibly of raising a child or children together.

This usually happens when there is a marriage break down, a separation or divorce.

They will usually work in partnership to bring up the child with equal responsibilities.

The child will also have the right to maintain an equal relationship with both parents.

Both parents will come together to ensure the child or children have a stable environment, good education, and an all-round stable routine.

They will usually maintain the same standards in discipline as well as rewards and treats.

Co-parenting allows the child or children to experience a secure upbringing without feeling caught in the middle between to parents in conflict.

Co-parenting is all about both parents managing good communication between each other, which enables the child or children to maintain a healthy close relationship with both parents.

One big key to success in co-parenting is allowing the child or children to see good communication between both parents.

When they are being dropped off at one of the parents' house, allowing them to see both parents talk can put them at ease so the child knows that they enjoy the time spent with each parent and can have equal respect for their parents.

Ensuring that the child's basic needs are met is a great way to start and build on.

With a healthy co-parenting arrangement both parents can have a completely different and healthy relationship with each other based on one overarching goal, their child's happiness and welfare.

Nesting child arrangements

Nesting is a shared arrangement in which the children remain in the same house at all times while the parents take turns living in that house with the children.

Some couples do this during the separation period, with the "off-duty" parent living in a separate apartment or staying with friends or family.

The goal is to provide a constant home for the children while the marriage itself changes.

The arrangement is often a temporary measure, used either until the divorce is finalised or some other approaching milestone is reached, such as a child's high school graduation.

Nesting works best if the parents trust each other and can communicate respectfully.

Those in high-conflict situations should not try this approach. The parents must live close by to make it easy.

Nesting agreements must include a specific schedule, with frequent communication about the finances and children.

Both parents must also feel comfortable leaving the space and turning it over to the other.

Ideally, each parent has a separate bedroom to use while in the home, so those in smaller living spaces may not find this suitable.

Both parents must also be willing to respect each other's privacy.

Parallel parenting

Parallel parenting is defined as "an arrangement in which divorced parents are only able to co-parent by disengaging from each other, and having limited direct contact, in situations where they have demonstrated that they are unable to communicate with each other in a respectful manner."

Each parent is in charge of the day-to-day care and control of the children when they are under that parent's care, but everything is separate and it is all business like.

Communication is strictly limited to emergencies or other pressing issues that need it.

There are no joint holiday or birthday celebrations and no joint attendance at school meetings, doctor appointments, or soccer games.

In addition, parallel parenting means that neither parent gets to have a say on how the other parent chooses to manage parenting responsibilities (as long as the well-being of the children is not in jeopardy).

Parents who start out with more of a Parallel parenting arrangement sometime, over time, grow into more of a co-parenting arrangement as communication improves.