

## ***GROUND RULES FOR PARENTS***

1) Agree to a mutual, highly structured system of positive parenting – let go of your anger, affirm children’s positive behaviors, ignore or swiftly consequence the negative behaviors.

2) Agree to operate from the same list of the rules, guidelines, consequences and rewards in each house. Post them and review them regularly with the children.

3) Agree on your means of communication, i.e., e mail, phone, letters, lawyers.

4) Agree that you will never transfer information to each other through the children – they must never be placed in the middle.

5) Agree that, to the children, you will speak kindly and positively about the other parent no matter how you feel about him or her.

6) Agree to speak neutrally to each other – you don’t have to like each other, however for the sake of the children, you do have to work together as an effective parenting team. You will not be able to do that if you are filled anger and resentment. Understand that you will need a team effort to undo the trauma that your children have experienced as a result of the divorce. As far as your children are concerned, it does not matter whose fault it is. They love you both and need you to be a positive parenting team working together for their healing.

I \_\_\_\_\_ and I \_\_\_\_\_ do agree to the best of my ability to abide by and implement the above agreements .

