



Tips from the Divorce Support Club

Surviving the summer
holidays as a single parent

1 Co-parenting: your **vision**

Create yourself a co-parenting vision so that you can have some clarity on what you want your relationship with your ex to look like in the future. Ask yourself:



What do you want the relationship to look like in 5-10 years' time?



What do you want it to look like at your child's wedding?



Is what I'm about to say going to help this vision?

2 Communicating with your ex

Whatever emails or texts your ex sends, follow the KIND formula:

- Kid-centred: looking from the perspective of your child's best interests.
- Informative: keep all correspondence informative rather than emotional.
- Nice (respectful/civil). Avoid responding to anger with more anger.
- Direct: keep your communication short and to the point without giving too much emotional information.

3 Ways to put the children at the centre

Here are some ways you can put the children at the heart of what you do:

- Separate roles: a) your ex and b) the parent to have a different viewpoint.
- Being friendly is very different to being friends.
- You can only control your words and behaviour, not theirs.
- Think if one thing your ex does really well (i.e. they always show up on time) and focus on that when communicating.

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