

ShaRon Rea, Certified Life and Family Coach

Co-Parenting from Hurt to Healthy

7 Proven Parenting Tips and 3 Critical Secrets to help children thrive!

Divorce hurts!

But it doesn't have to hurt forever. Your family can recover and happiness is possible. I know this from personal experience. Divorce happened for our family after 21 years of marriage. It was a very tough decision for me to make. But I knew the environment in our home was unhealthy for everyone. People say, "Stay together for the kids and keep the family intact." I disagree.

I believe parents are the models for their kids. When respectful loving adult relationships are shown to kids by how their parents treat each other, children feel safe and nurtured. When conflict exists between parents, in those uncomfortable silences or angry conversations, children feel it and their sense of security is compromised. Yes, your kids may adjust, but that adjustment often includes learning to live with stress and a misunderstanding of what healthy loving relationships look like.

It's been more than 10 years since our divorce and yes, there were a lot of difficult times. But our two "separate home" family is coping and adjusting well now. Here are 7 parenting tips so you too can find happiness and co-parenting success.



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#1- Put your oxygen mask on first, before you attempt to help those around you, especially your children!

Self-care is not selfish, especially with all the twists and turns you and your children (even adult children) will go through. Your goal is to become a solid foundation for yourself and for them. That goal can be achieved quicker when you pay attention to your emotional triggers and discover how they control your actions and reactions. It's important to take time to understand your sadness and start to heal. It's necessary in the moving forward process to recognize what makes you angry and to manage your anger before you do or say something that hurts your kids or causes more conflict with your former spouse. So make lots of time to take good care of yourself.

#2 - Take inventory of past events for Information - not Intimidation.

Learn from the past, don't live there. Use what you find to realize what didn't work, make the effort to improve and move forward, not to attack or accuse. The goal is to make things better not bitter. Include in your exploration of past events learning about The ACE study www.acestoohigh.com. Adverse Childhood Experiences are events that happened at home to children up to 18 years old that were unhappy, unpleasant, hurtful or unspeakable. If divorce is not handled with knowledge and intention, it has the potential to have similar health and emotional problems for your children as growing up in a household with parents who have drug addictions, are alcoholics or children who have been sexually abused.

#3 - Focus on raising well adjusted, confident, self-responsible and happy young people.

Start with modeling for your children how to be resilient, living through the ups and downs of life. Keep a positive, authentic view of yourself and your kids. Listen with all your senses to what they need from you to help them thrive. Learn to communicate your needs and desires clearly and teach them to do the same. Take time to role play with them so they discover different ways to manage their anger and sadness.

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#4 - Imagine the best case scenario.

Our children learn about their world and how it works from us. When you believe things will go wrong, what our children hear is there is no hope. Make positive thought the new normal in your family. Consider this - "When you plan for the worst that can happen, you are not surprised when it does. But what if, you planned for the best that could happen, and were equally not surprised when more things go well!"

#5 - Choose hope-filled words that motivate you and your children to move forward.

What you think to yourself and what you say out loud matters. Use phrases like, our kids, our family is in transition and both of us are doing what we think is best for our children.

#6 - Decide to be a co-operative co-parent.

It really is less stressful when you can work together for the best outcomes for your children. After all, both of you are your children's "forever parents." At every age, children benefit by being free to love both parents. One way to achieve a cooperative perspective is to see the other parent through your child's eyes - that unconditional loving place kids have for their parents

#7 - Above all else, practice *No Judgment. Just Love.*®

Everyone moves through the pain of divorce in different ways and at different times, including children. Have compassion for everyone and know the only person's behavior you have complete control over is yours. And that is an empowering position to be in.

To your parenting success and your child's happiness!

Contact me directly for more personal support.

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<https://chatwithsharon.youcanbook.me/>

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3 Critical Secrets Revealed
so Parents can Help Kids Thrive!



#1 - My relationship with my (dad/mom) was and is different than yours.

1. My heart is a combination of both of you.
2. I see my other parent from a kid's point of view and that's different than the adult relationship you two have.
3. You may be sad about or angry with my other parent, but I don't have to be.
4. Please try not to talk badly about him/her in front of me or where I can hear you.
5. I really need to find my way through this situation, continuing to love you both.
I'm going to need your help.

#2 - Only tell me age appropriate truths. Please don't lie to protect me.

1. I need to learn to trust again. This divorce has shaken my foundation.
2. I'm not sure what feels safe and secure for me right now. I don't need to know everything, the play by play of adult conversations. Let me be a kid.
3. Please choose to tell me only things I need to know for my health, safety and happiness.

#3 - I will be better when you are better.

I want you to be happy. When you are sad or angry a lot of the time,
I feel like I cannot come to you with things that are bothering me in my life.

I really do know this is hard for you, because it's hard for me too.

I'm learning from you how to handle life's ups and downs.

Teach me well.