



AMOS ADVOCATES
COMMUNITY FOUNDATION

Co-Parenting Communication Guide

Practical tools for calmer, child-focused communication.

Keep the child at the center

Healthy co-parenting communication is not about agreeing on everything. It is about exchanging the information necessary to care for your child while reducing conflict and protecting the child from adult disputes.

A simple communication framework

B	Brief	Keep messages short and focused on one or two issues.
I	Informative	Share facts, dates, times, school or medical information, and clear requests.
F	Friendly	Use a neutral, respectful tone even when you disagree.
F	Firm	State the request, deadline, or boundary clearly without arguing.

Before you send a message

- Is this about the child rather than our relationship?
- Does the other parent actually need this information?
- Did I remove insults, accusations, sarcasm, and threats?
- Did I clearly state the date, time, place, or action requested?
- Would I be comfortable with a neutral third party reading this message?

Useful message templates

Schedule change: "I am requesting to exchange at 6:30 p.m. instead of 6:00 p.m. on Friday because of [brief reason]. Please let me know by Thursday at 5:00 p.m. whether that works."

School/medical update: “The school sent the attached notice today. The deadline is September 3. Please review it and let me know if you have any questions.”

Declining an argument: “I am not going to discuss our past relationship. I am available to discuss the children’s schedule and needs.”

When communication is high-conflict

- Use written communication when appropriate so important information is clear.
- Respond to the child-related issue, not every accusation in the message.
- Avoid using children as messengers or asking them to report on the other household.
- Do not discuss litigation, money disputes, or adult allegations with or around the children.
- If there are safety concerns or court-ordered communication restrictions, follow the order and seek professional guidance.

Houston-area co-parenting support

Harris County Domestic Relations Office - Making a Fresh Start

Free 4-hour live Zoom workshop for divorced, separated, and never-married parents. Topics include co-parenting strategies, finances, legal issues, the impact of divorce on children, and domestic violence.

[Visit resource](#)

Harris County Domestic Relations Office - Building New Beginnings

A more intensive 12-hour program offered in six live Zoom segments for parents working to build healthier co-parenting relationships.

[Visit resource](#)

My communication goal this week

One situation I want to handle differently:

The boundary I will keep:

The tone I will use:

Important: This resource is for educational and informational purposes only. It is not legal, medical, mental-health, or financial advice. Services, eligibility requirements, and program availability can change. Contact the listed organization directly for current information.