

# Co-Parenting Communication

A Practical Guide for Dads

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## Keep it about the kids

Every message should answer one question: what do the children need? If a message is about the past relationship, do not send it.

## Use the BIFF method

Brief, Informative, Friendly, Firm. Short messages with facts and a clear question get better responses than long emotional ones.

## Put it in writing

Use email or a co-parenting app for anything about schedules, money, or decisions. It keeps a record and lowers the temperature.

## Respond, do not react

Wait before replying to a frustrating message. A response sent tomorrow is almost always better than one sent in anger tonight.

## Never use the kids as messengers

Children should never carry information, money, or conflict between homes. It puts them in the middle and they feel responsible.

## Agree on the basics in advance

Bedtimes, homework, screen time, and discipline work best when both homes follow roughly the same rules. Write them down together.