

Co-Parenting Communication Agreement

Establish shared expectations for communication, decision-making, and children's wellbeing between co-parents.

Name: _____ Date: _____ Clinician: _____

Purpose: Effective co-parenting requires clear communication agreements — especially when the relationship between co-parents is strained. This agreement helps both parties establish shared expectations for communication, decision-making, and the wellbeing of children.

OUR SHARED COMMITMENT

We agree that our children's wellbeing is our shared priority. We commit to communicating respectfully, keeping conflict away from our children, and supporting our children's relationship with both parents.

COMMUNICATION AGREEMENTS

Our preferred method of communication:

Response time expectation for non-urgent matters:

Topics that require in-person or phone discussion (not text):

How we will handle communication when emotions are high:

DECISION-MAKING

Decisions that require mutual agreement:

Decisions each parent can make independently:

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How we will resolve disagreements about the children:

CHILDREN'S WELLBEING AGREEMENTS

We agree not to speak negatively about the other parent in front of the children.

We agree to inform each other about significant events in the children's lives.

Additional agreements about the children:

Co-parent 1 signature: _____

Co-parent 2 signature: _____

Date: _____

Date: _____