



Parenting Coordination Information Sheet

Parenting Coordination (PC) is an alternative dispute resolution process combining assessment, education, case management, conflict resolution and, sometimes, decision-making functions. It is a voluntary process post agreement or Court Order to help parents follow the parts of their court order, family arbitration award, or separation agreement that are about parenting. A parenting coordinator is a person who helps parents resolve day-to-day conflicts about their parenting arrangements or parenting orders, like the details of summer vacations or times for sharing holidays. An agreement is signed and both parents pay their portion of the fee.

The primary goal of the Parenting Coordinator is to empower parents to work together to resolve disputes regarding their parenting plan. Parenting Coordinators are trained to understand the needs of children and help parents discuss their issues with one another in an effective and respectful manner. Parenting Coordinators want to ensure that children remain out of parental conflict and support parents as they learn and develop in their new roles as coparents.

WHAT PC IS:

1. A voluntary process, meaning both parents need to agree to participate.
2. Coparenting education and accountability.
3. Improving coparenting communication to help parents resolve day to day conflicts about their parenting arrangements.
4. Helping parents understand their conflict and the impact it will have on their children.
5. If needed, decision making from the coordinator where there is impasse.

WHAT PC IS NOT:

1. Counselling or psychotherapy.
2. A place to create or substantially change a parenting plan or court order about major issues like primary residence.
3. Appropriate for cases where safety would be compromised.

WHAT IS EXPECTED OF THE PARENTS:

1. Respect the other parent's role as a parent.
2. Engage in courteous and respectful behaviour.
3. Maintain their focus on their child/children. Separate the person from the issue.
4. Be present and future focused. Focus on one issue at a time.
5. Maintain and demonstrate self-control / emotional regulation.
6. Honour the parenting plan and coparenting rules.
7. Work on new behaviours between sessions.