



## **PARENTING FACILITATION RULES**

1. **BE RESPECTFUL AND RESPONSIBLE**  
*RESPECTFUL:*  
No name-calling; non-verbal gestures or sidebar comments.  
*RESPONSIBLE:*  
No playing the “blame game.”  
Read the Responsibility Document attached.
  
2. **HAVE INTEGRITY WITH YOUR WORD**  
“Say what you are going to do and then do it. Honor your word and not your feelings”  
Read the Integrity Document
  
3. **PUT THE PAST IN THE PAST**  
Be willing to put the past in the past so that we can create a future where your child (ren) can grow up to be happy, healthy and well-adjusted. Consider, if you drove your car looking out the rear view mirror while you drive in rush time traffic, what do you think will happen? The same thing goes for the way you view your co-parenting relationship if you continue to use the “past” as your reference point for making decisions for the present and future.  
Remember, the definition of insanity is doing the same thing today that you tried yesterday and hoping for a different outcome.
  
4. **BE COACHABLE**  
Trust that I am probably more committed to “you winning the game” of co-parenting than you are right now. Additionally, you have “blind spots” that you cannot see and are in the way of a successful journey. Be willing to let me illuminate those blind spots so that you can reach your destination without too many detours, as well as be willing to “try on” that what I have to say can make a real difference for the future.