

4 Tips for Coparenting During COVID-19

[DP utahdivorce.biz/4-tips-for-coparenting-during-covid-19](http://utahdivorce.biz/4-tips-for-coparenting-during-covid-19)



Even though COVID-19 has thrown the world off-kilter, that doesn't mean that you can't still co-parent. In fact, the stay at home orders issued by your local municipality doesn't give you a pass when it comes to upholding any custody agreement that has been court-ordered. There are a number of steps you can take to make the entire process of co-parenting during COVID-19 easier for you – and your kids.

Practice Good Communication With Your Child...

You'll need to tailor the amount you tell your child to their age and maturity level. In general, it's best, to be honest, and open without dwelling on the pandemic and its effects. Acknowledge that the presence of COVID-19 has changed life as your child knows it and that you are staying updated about the virus' hazards.

Allow your child to ask you questions and express their concerns. Answer them truthfully and calmly with the aim of not causing them any additional stress.

...And With Your Ex

It's also imperative that you maintain good communication with your ex. Remember: even though you might not want to talk to or see your ex, the co-parenting definition centers around what's best for your kids.

When trying to navigate co-parenting in the age of COVID-19 means ***keeping your ex informed about any changes in your health, work schedule, or anything else that might affect your children.*** If your ex is an essential worker, your best bet is to be understanding if they need to adjust the custody arrangement in order to accommodate that.

Maintain Flexibility

Court-ordered custody arrangements drafted by child custody attorneys in Utah are often in place because it is difficult for two people to agree on what is the right approach regarding sharing custody. While it's important to follow these orders as much as possible, ***remaining flexible during these unprecedented times allows for the inevitable hiccups and mishaps.*** Approach your ex if you need to work overtime and be willing to flex the custody agreement if they have unavoidable requests too.

Be Compassionate and Transparent

Remember that this is an unprecedented time in your lives. Millions of people across the globe have been affected by the COVID-19 pandemic. Its effects show no signs of slowing. This means that you'll want to develop compassion and practice transparency when it comes to your ex.

If your ex is the one responsible for paying child support, understand if they are not able to pay the full amount. ***Understand that the situation is temporary and the important thing is that your child's needs are taken care of.***

For those parents who are paying child support, be transparent about the need to reduce the amount that is being paid. ***Make the effort to pay as much as you can in order to support your child.*** Brainstorm other ways that you might be able to pick up the slack if you aren't able to pay the full amount of child support at that time.

A Utah child custody lawyer is an invaluable source of information and support during these challenging times. If you need legal counsel Utah defense attorney, David Pedrazas is here to help. Contact us today to learn more!