

Co-Parenting New Year's Resolutions for 2018

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The New Year can be a time to move on with your life after divorce. Setting some co-parenting resolutions for 2018 can be a way to assist your children in coping with the divorce better. It can also ***help you to move on from the pain of a divorce***, especially if you stick to those resolutions. Here are some suggestions for co-parenting New Year's resolutions that could ***help you and your children adjust to this new phase in life***.

Co-Parenting New Year's Resolutions

- **Manage Your Finances Better:** Separation and divorce can create financial challenges for those paying and receiving support. Make a resolution to keep better track of your finances in 2018. There are some great mobile apps that can help you track and manage child support payments, as well as your entire household budget. Taking charge of your finances can help bring you peace of mind and more stability to your income situation, which will in turn help to set your child's mind at ease. Money is one of the main things people fight about after a divorce, so getting your finances in order can be a way to avoid that pitfall.
- **Stay Positive:** It's easy to fall into the trap of thinking of your ex-husband or -wife in a negative light. Keep in mind that your ex is the other parent of your children, regardless of the fact that your marriage is now over. Your ex will most likely always be a part of your children's lives and the two of you have shared responsibility toward the children. Co-parenting gets easier over time if you have the fortitude to show respect for your ex-spouse, especially in front of the kids.

- **Reduce Conflicts with Your Ex:** Fighting with your former spouse puts the children in a very bad position, especially if you do it in front of the kids. It can make the children feel like they have to “take sides,” which doesn’t do you or your ex any favors. Resolve to never fight with your ex-spouse in front of the children.
- **Share Some Holidays:** This one can be a challenge for some couples after a divorce, but it will mean a lot to the children, especially if you are able to share a joint holiday or special occasion without tension. A birthday party or a Thanksgiving meal with parents and the kids all together would be examples. If you can make it a habit to share the children on special holidays, it will get easier over time and the children will remember those special days for years to come. [Here are some tips for parenting time during the holidays.](#)
- **Spend Quality Time:** You will most likely be spending less time with your children in any co-parenting agreement. Make a commitment to make the time you do have with your children more meaningful. You and your children will be happier if you make a celebration of the time you have together, rather than dwelling on the times when you are apart.

For Co-Parenting Agreement Questions, Contact Salt Lake City, Utah Divorce Attorney David Pedrazas

Every co-parenting situation is different, but those are some examples of New Year’s resolutions that you can put into practice today. [The Law Office of David Pedrazas](#) is here to help you through the difficult time of a [divorce](#) or separation. ***David Pedrazas has been recognized as the number one divorce attorney in Utah year after year.*** If you have any questions about your co-parenting agreement or you if you need help negotiating an agreement, don’t hesitate to contact us at **801-263-7078** to schedule a [free consultation](#).