



Regardless of marital status, children deserve to have a healthy, loving relationship with their parents who are actively involved in their lives. Children prosper when they know they are loved by both parents!

Parents in a healthy relationship feel safe to express themselves respect each other's opinions and can resolve conflict without anger. Both parents need honest, open communication for the benefit of their children.

RESEARCH SOURCES:

• NRFC Responsible Fatherhood Spotlight: Couple Relationship Quality and Co-Parenting. <http://1.usa.gov/1iqdOwg>





THE BUILDING BLOCKS OF A HEALTHY RELATIONSHIP ARE:

COMMUNICATION

Practice active listening. Repeat what has been said in your own words, making sure you heard right.

CONFLICT RESOLUTION WITHOUT ANGER

Respectfully acknowledging the other person's feelings and opinions.

REMEMBER TO SAY "I'M SORRY"

Forgiveness and compassion are healing.

DON'T POINT FINGERS

Accept personal responsibilities rather than assigning blame.

REACT WITH KINDNESS

Children and parents respond positively to kindness and courtesy.

RESEARCH SOURCES:

- Center for Child and Family Policy, Duke University. <https://childandfamilypolicy.duke.edu/pdfs/pubpres/SupportingHealthyRelationships.pdf>
- National Resource Center for Healthy Marriage and Families. Encouraging effective coparenting in blended families. <http://tinyurl.com/coparenting-blended-families-p>
- KidsHealth.org, For Parents, Emotions & Behavior. <http://kidshealth.org/parent/emotions/>
- National Resource Center for Healthy Marriage and Families. www.healthymarriageandfamilies.org

