

# PARENTING CO-ORDINATION

INFORMATION  
FOR PARENTS



*Anne-Marie Cade*

## HIGH-CONFLICT PARENTS LACK THREE FUNDAMENTAL PROBLEM SOLVING SKILLS

- Flexible thinking (making realistic proposals, acknowledging that there is more than one solution, acknowledging that people are not “all-bad” or “all-good”)
- Managed emotions (controlling one’s anger, sadness, fear, and anxiety to not over-react and take things personally and to not pass on these feelings to the child)
- Moderate behaviours (avoiding extreme actions, including extreme behaviour during custody exchanges, extreme parenting order requests, and violence)



## WHAT PARENTING CO-ORDINATORS DO

Parenting Co-ordinators are specially trained professionals whose work focuses on helping co-parents manage their parenting plan, improve communication and resolve disputes.

The role of a Parenting Co-ordinator will vary based on what a family needs and what the court may stipulate.

## WHY USE A PARENTING CO-ORDINATOR

- Help parents avoid fights and protracted litigation.
- Reduces stress on parents and kids - less conflict.
- Kids will learn better communication and problem-solving skills.
- Parenting co-ordinators will help you make the right decisions for your children.

*Anne-Marie Code*



## ABOUT ANNE-MARIE

Anne-Marie practised law for over 15 years and realised that relationships between people was what she was interested in. She decided to do training in mediation and divorce/ conflict coaching and founded her consultancy.

Anne-Marie is passionate about providing insights and strategic advice to Lawyers, Mediators and Parenting Coordinators on conflict management and navigating difficult client relationships.



*Excellent webinar by Anne-Marie on handling difficult conversations. Thank you for the insights.*

*Katerina Peiros - Incapacity, Wills & Estates Lawyer & Accredited Specialist - Director at Hartwell Legal.*

# Let's Talk Now

We look forward to speaking with you, learning about your goals, and seeing how we can help you get there faster.

Contact

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