

Co-Parenting During the Holidays

Putting Children First While Creating Happy Holiday Memories

The holidays can be a wonderful time of year, but for families navigating co-parenting, they can also bring added stress, emotions, and scheduling challenges,

7 Tips for Successful Holiday Co-Parenting

1. **Plan Ahead**
   Discuss holiday schedules, travel plans, and special events early. Agreeing on arrangements can help prevent last-minute confusion and conflict.
2. **Communicate Respectfully**
   Keep conversations focused on the children and holiday arrangements. Be clear, calm, and respectful, even when you disagree.
3. **Put Your Children First**
   Avoid putting children in the middle of disagreements. Let them enjoy time with both parents without feeling guilty or choosing sides.
4. **Be Flexible with Traditions**
   Holidays may not look the same as in the past, and that's okay. Consider creating new traditions and allowing children to enjoy special moments.
5. **Keep Gifts and Expectations Reasonable**
   Avoid competing over gifts. Children benefit more from meaningful experiences, attention, and quality time than expensive presents.
6. **Acknowledge Your Children's Feelings**
   Children may feel sad, anxious, or disappointed about splitting holiday time. Listen, reassure them that both parents love them, and allow them to express emotions.
7. **Take Care of Yourself, Too**
   Co-parenting can be emotionally challenging. Make time for rest, supportive relationships, and activities that help you manage stress.

Helping Children Navigate Two Homes

- Reassure children that they are not responsible for their parents' disagreements.
- Speak positively or neutrally about the other parent whenever possible.
- Keep children informed about holiday plans so they know what to expect.
- Make transitions between households as comfortable and stress-free as possible.
- Encourage children to enjoy their time with each parent without guilt.

A Holiday Reminder for Parents

The greatest gift you can give your children is permission to love both parents freely. Even if your family celebrations look different, children can still experience joy, stability, and meaningful holiday memories.

You don't have to celebrate together to work together.

Need Additional Support?

If the holidays bring added stress, family conflict, or emotional challenges, consider reaching out to a counselor or your Employee Assistance Program (EAP). Support is available to help you navigate difficult situations and build healthier family relationships.