



# Parenting Coordination: When Is It Time?

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Some decisions are easy to make. "Want fries with that?" Should you run the red light in front on that cop? Would you share your personal info online "to earn \$5,000 a day from home"? In simple situations, common sense and life experience can help you make the best choices.

And then there are the difficult decisions. You know the ones. They linger in your mind day and night. You talk about them with almost everyone you know, looking for approval, justification, or advice. Your stomach's always in a knot, and you rarely get a good night's sleep.

Why are some decisions so difficult to make? From experience I know that it is how tightly we hold to being right or "winning" that keeps us from being our calm, rational selves. That's when emotions run high and it's difficult to think clearly.

Fortunately, if the situation with your co-parent gets to this level, you can call on a trained and qualified neutral Parenting Coordinator (PC) to help.

Here are seven common warning signs that it's time to bring a PC aboard:

1. Just the thought of having a civilized conversation with your co-parent is inconceivable.

2. You two can't agree on which summer camp (for instance) your child should attend – and neither of you even asked her if she wants to go.

3. You're paying your lawyer to intervene and resolve most disagreements with the other parent.

4. The children are starting to show signs of high-conflict divorce: failing grades, acting out, losing weight, drinking and using drugs.

5. It's no big deal when the two of you argue in front of the children.

6. You often use your children to deliver messages between their parents.

7. You spend an unhealthy amount of time each day obsessing over the argument with "your ex."

Sometimes the hardest decision to make is the one to ask for help.

Trust me; you're not the only one who feels this way. The smart thing

to do is to accept the fact that – for the benefit of your children – you

should reach out and connect with a qualified PC. Stop making excuses about why it won't work. Instead, use that energy to fully engage in the process.

And remember that your child will likely get married some day. Wouldn't it be great if both of you could be there to support her? Maybe she'll have children of her own; don't you want to be the best role model? You and your ex don't have to be best friends. But you can choose to make choices as loving and supportive parents who care more about her than about a petty disagreement with her other parent.