CO-PARENTING 101

YOU CAN TRY
TO CONTROL
EVERY MOVE
OR YOU CAN
LEARN TO
PICK YOUR
BATTLES.

PRIORITIZING YOUR CO-PARENTING BATTLES

what is worth the fight for you?

CONCERN

WORTH THE BATTLE?

ISSUE

		Scale of 1-10
He puts my child to bed later than I do.	My child will be too tired at school	7
He lets my child eat unhealthy snacks.	She will develop unhealthy eating habits.	4 (not really worth a fight)
He speaks badly about me to my child.	She will feel confused, guilty & conflicted.	10 (worth fighting over)