

List of Co-Parenting Boundaries

Boundaries are about what *you* control, not rules imposed on someone else. One regulated parent changes everything for your kids.

01

Stick to the Parenting Plan

Your plan defines timesharing, communication, and decision-making. When in doubt, return to it. It is your agreed boundary framework.

02

Keep Communication in the App

Move all messages to a documented co-parenting app and don't respond anywhere else. Every exception signals the boundary is negotiable.

03

Don't Respond to Anger with Anger

Before you hit send, ask: would this look good to a judge? OurFamilyWizard's ToneMeter helps you pause before reacting.

04

Don't Respond Right Away

Set specific windows to check messages. Turn off notifications. Pick a time when your kids aren't around so you can settle before replying.

05

Structure Custody Exchanges

Treat exchanges as logistics, not conversation. Curbside drop-offs work best: no lingering, no comments. Anything else goes through the app.

06

Respect Each Other's Parenting Style

Let go of control over routines in the other home unless safety is at risk. Different parenting isn't bad parenting.



You don't have to get your co-parent's permission for any of this. They may never change their behavior, but you get to change how you feel about it.

MICHELLE MITCHELL, J.D. · HIGH-CONFLICT CO-PARENTING COACH

07

Don't Badmouth Your Co-Parent

Negative talk forces your child into a loyalty conflict they can't handle. Even overheard comments count. Protect their relationship with both parents.

08

Protect Your Physical Space

Each home is private. Agree on protocols for pickups and drop-offs through the app. If intrusions persist or feel threatening, contact your attorney.

09

Consider Parallel Parenting

When direct contact keeps escalating, parallel parenting reduces all unnecessary interaction. Each parent runs their household independently. Talk to your attorney to get started.

OurFamilyWizard helps you put boundaries into practice with structured messaging, a shared calendar, documented communication, and ToneMeter to help you pause before reacting. **Keep the focus on your kids.**