



A CO-PARENTING MEETING SAMPLE AGENDA

Co-parenting Works! Helping Your Children Thrive After Divorce

by Tammy Daughtry, MMFT

Here are some suggested topics. I've tried to make this list as complete as possible, so it undoubtedly includes many things you won't need to discuss at your first meeting, perhaps not even for years. If your child is five years old, for instance, you can breathe easy on the car-key issue for a few more years!



1. Children's Schedule
 - a. School activities: teacher meetings, award ceremonies
 - b. Extracurricular activities: sports, music, art, dance, etc.
 - c. Upcoming holidays or vacations
 - d. Other special events or activities coming up
 - e. Parent travel or other conflicts—adjustments to schedule needed?
2. Discipline
 - a. Current behaviors that may be cause for concern
 - b. Current methods of discipline—What's working? What's not?
 - c. Consider new consequences? Should they be consistent at both homes for serious offenses?
 - d. Parenting books to read and discuss; other resources
3. Finances Related to Needs of the Children
4. Life Details (regarding children)
 - a. School
 - b. Friends and social life
 - c. Emotional life: see any red flags?
 - d. Medical and physical concerns: overall health, exercise, diet, physical development
 - e. Spiritual life
 - f. Extended family: grandparents, etc
 - g. Life routine: homework, bedtime, chores
 - h. Internet use: how much, restrictions on content, etc.
 - i. Other electronic devices: iPod, cell phones, computer
 - j. Cultural media: music, movies, books
 - k. Car: driving concerns, car repairs, budget for gas
 - k. Other
5. Next Meeting Date, Time & Location: _____

Tips for Productive "T.E.A.M.M." Meetings: "The End Adult Matters Most!"

- ✓ *Lead gently, don't demand.*
- ✓ *Explain calmly, don't criticize.*
- ✓ *Listen more than you talk.*
- ✓ *Seek to understand, not just to be understood.*
- ✓ *When things get heated, STOP. Come back to unresolved issues at the next meeting.*
- ✓ *For more comprehensive information, please see Chapter 10 of "*Co-parenting Works! Helping Your Children Thrive After Divorce*" by Tammy Daughtry.*

For more information please see: www.CoparentingInternational.com