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## **Preparing for your Parenting Plan Mediation**

### Steps to a Child-Centered and Successful Process

I look forward to assisting you with your parenting plan mediation process. A parenting plan is by far one of the most important documents you will craft together and contracts you will sign. The outcome will guide your children's lives in their two-home family for years to come. Your co-parenting relationship will be a foundational part of this agreement. Your children's health and well-being is likely directly correlated with your level of co-parenting skillfulness. As you begin making parenting plan decisions, remember that you will be co-parents "until death do you part" regardless of the stress and disappointment you may currently be experiencing as a result of ending your intimate partnership. Friendship is not important; respect, civility and child-centered two-home parenting *is*.

To prepare, please know there are many assets on the website to assist you:

- "How to tell Children about Divorce" video can be found on the Co-Parent Coaching page of the website under the first tab at the bottom of the page. This is an excellent place to start.
- The first three chapters of "The Co-Parenting Handbook" will walk you through the impact of ending an intimate partnership, converting from a parenting team to a co-parenting team, and the journey for kids through parents' divorce.
- The rest of "The Co-Parenting Handbook" will provide you additional language, practices, and protocols that will smooth out the wrinkles of two-home family life for kids (and co-parents, friends and grandparents). Very helpful to get it right *right from the beginning*. (If you prefer audiobooks, the original version of this book, "The Co-Parents' Handbook" is available on audio.)
- "The Parenting Plan Workbook" is a guidebook to creating a child-centered parenting plan. You will find insights and inspirations provided by 25 family law professionals in support of a family-centered divorce process from around the globe. There are pages for journal moments to help you capture your own thoughts and dig deeper into the important considerations for your parenting plan. And most importantly, parenting plan worksheets that will assist in helping you understand how to think about what goes into a parenting plan.
- "The Parenting Plan Workbook Companion Videos" are available on my [YouTube](#) page. Access easily from the workbook page under "Karen's Books" on the website. The videos will walk with you through the workbook with explanations by me and Felicia Malsby Soleil, family law attorney.

In utilizing the workbook and/or the videos, the point is not to fill out your worksheets independently, but rather to acquaint you with the material in order that you will be more able to co-create your plan together. We will be walking through options, pro's and con's and working together to resolve places of conflict and impasse.

Whether you like to study ahead or not, I'm looking forward to assisting you in this psycho-educative process, with the mediation skills necessary to help you come to a parenting plan that will support you both as co-parents and provide your children with their once-in-a-lifetime childhood in their two-home family.

Warm regards,



Karen