Your Parenting Team

Parenting by yourself is not easy. That’s why it’s important to work together as a team to raise your child. Your parenting team includes you, your child’s other parent, and any other adults who help care for and raise your child. Follow these tips for creating a supportive parenting team:

Remember, you are a team
Whether or not you live together, you are working toward the same goal: to raise a healthy and happy child.

Look through your child’s eyes
Think about your child’s needs before your own. When making decisions about your child, think about what would be the best decision for your child.

Be supportive
Support your team members’ parenting (unless your child’s safety would be at risk).

Be consistent
It is important for parenting team members to talk about rules and discipline. Team members need to agree and be consistent with how they give rules and discipline to children.

Be respectful
Be careful about the words you use when talking in front of your child about your other parenting team members. Even when parenting team members are consistent, everyone has their own parenting style that should be respected.

Solve disagreements away from your children
Parenting team members don’t always agree on parenting. When team members disagree, talk about it away from your child. Try to find something you can all agree on.

For more information about parenting or relationships, please visit http://ncfamilies.com/jitp/