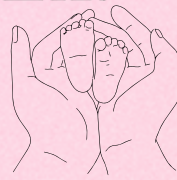


## ***Her Strength Unfolded***

# **Co-Parenting with a Toxic Ex:** *Peace & Sanity Checklist*



### **For Communication**

- ☐ Use a co-parenting app a (OurFamilyWizard, TalkingParents)
- ☐ Keep communication brief and factual (gray rock method)
- ☐ Set clear response windows (e.g. respond only once daily)
- ☐ Save all written correspondence
- ☐ Use pre-written message templates for heated situations

### **For Boundaries**

- ☐ Decide on preferred communication method (email, app)
- ☐ Establish no-contact zones (e.g, personal life, finances)
- ☐ Enforce boundaries consistently, even when guilt-tripped
- ☐ Avoid in-person confrontations unless necessary
- ☐ Stick to court-ordered agreements—no verbal tweaks

### **For Parenting Logistics**

- ☐ Use a shared calendar fr all child-related events
- ☐ Document all agreements (pick-ups, holidays, school info)
- ☐ Keep a parenting binder or digital file of documentation
- ☐ Have a consistent routine for your child
- ☐ Avoid relying on verbal commitments



### **For Legal Preparedness**

- ☐ Document all boundary violations
- ☐ Keep a log of missed visits or inappropriate behavior
- ☐ Save all court communications and orders
- ☐ Consult a family lawyer if needed
- ☐ Know your rights and your child's rights