PARENTS & CAREGIVERS | EDUCATIONAL GUIDE

Co-Parenting Communication



WHAT THIS IS

Children do best when the adults around them communicate calmly and respectfully, even if the adults disagree.

HOW TO USE IT

1. Use the B.I.F.F. rule for messages.
2. Check your message against the checklist.
3. Wait before sending if you feel upset.

EXAMPLE

"Can we agree on bedtime at 8:00 for both homes? It will help Maya sleep."

B	I	F	F
Brief	**Informative**	**Friendly**	**Firm**
Short and to the point	Facts, not blame	Polite, neutral tone	Clear, no argument

Before I send

- [ ] Is this about the child, not the other adult?
- [ ] Would I be okay if my child read it?
- [ ] Is it clear what I am asking?
- [ ] Did I wait 10 minutes if I'm upset?

Message planner

What I need to say:

Rewritten using B.I.F.F.:

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