

Family Law Update: Four Tips for Addressing Co-Parenting Challenges in Today's "New Normal"

Co-parenting children in divorced households presents difficulties in the best of circumstances. Add to these challenges the stress and potential risks arising from the spread of COVID-19 and you have the perfect recipe for additional relationship tension and discord.

During this difficult time, it is imperative that divorced parents do everything in their power to create an environment conducive to healthy, effective communication that serves their children's best interests and paves the way for fair and productive co-parenting decision-making.

Going to court is not always the best solution, especially under the current circumstances with courts operating with limited abilities. Parents should seek to avoid arguments and work to develop methods of communication that will facilitate their ability to jointly address and resolve whatever disagreements may arise. The following tips may be helpful:

In times of uncertainty, children need stability and they turn to their parents to meet this need. It is incumbent upon parents to respond appropriately. The Centers for Disease Control (CDC) has recognized this concern in their publication **Stress and Coping**, noting specifically that "children and teens" are in a group that "may respond more strongly to the stress created by COVID-19."

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