

Contents

PART I: The Goal of Co-Parenting.. 4

CHAPTER 1: The First Days

Are the Most Difficult..... 4

An Objective View..... 6

There Is a Solution 7

Working Together for the Good of All..... 8

CHAPTER 2: The Marriage Is Over.....9

The Right to Parent 9

Feeling Like a Failure 13

Our Actions Set the Tone for Our Future..... 15

Using a Counselor..... 16

Child Counseling..... 17

Children Know What Is Going On..... 18

Explaining the Separation to Our Children 20

CHAPTER 3: Establishing Priorities and Planing for the Future..... 21

Disneyland Dad to Super Dad 22

Planning to Co-Parent 23

Change Creates Opportunity..... 23

Attitudes and Affirmations..... 24

Affirmations for Maintaining Focus.... 24

CHAPTER 4: Communication Skills.. 25

Faulty Logic — Objections to Co-Parenting 26

Stressing the Benefits of Co-Parenting 27

Strategies for Success..... 27

Creating a Shift in Perspective..... 29

Summary of Aids for Communication..... 31

CHAPTER 5: Mediation 31

Working with Mediators..... 32

Twelve Techniques to Enhance Mediation 33

More on Mediation and the Parenting Agreement..... 33

Stick to the Agreement..... 34

CHAPTER 6: Creating Two Nearly Equal Standards of Living... 35

Three Common Scenarios

 Involving Homes and Divorce... 36

If You Are Ordered Out of the House..... 37

Points to Remember

 When Creating Another Home..... 38

CHAPTER 7:

 Making Shared Parenting Work..... 39

Childcare 39

Stay in the Neighborhood..... 41

Getting to Know the

 Parents of Your Child’s Friends.... 42

Keep Your Kids in the School They Are Used To.... 43

CHAPTER 8: Family Law Court..... 44

The System Can Break Down.....	44
Preconceptions Can	
Hinder Family Court Justice.....	45
Preparing for Court	46
A Few Things Judges Will Not Allow.....	50
General Comparison	
of Mothers and Fathers in Court.....	50
Saving Time and Money.....	50
CHAPTER 9: The Family Law Process	
and How to Use Attorneys.....	50
How to Win More Time with Children	52
About Attorneys.....	54
Some Strategies.....	55
Hiring an Attorney.....	57
How Do You Prepare for the Interview?.....	57
Remember, Appearance Matters	58
CHAPTER 10: Special Masters..	58
How it Works....	59
Finding A Special Master..	59
Selecting or Removing Special Masters	61
In Conclusion.....	62
PART II:	
The Maintenance of Co-Parenting	62
Chapter 11: Addressing	
Some Important Issues.....	62
Four Distractions to Co-Parenting.....	62
Changing the Beliefs of Judges	63
CHAPTER 12:	
Avoiding the Isolation Trap.....	64
An Example of Detrimental Isolation.....	65
Isolation Led to Mistakes...	
a Father's Reflections After the Fact.....	65
Maintenance Requires Discipline	66
CHAPTER 13: Balancing	
Work and Parenting	67
Avoiding the Trap of Materialism.....	67
The Dangers of Making Work the Top Priority.....	68
Putting Children's Needs First.....	69
Working Less Is Scary,	
But Can Be Very Rewarding.....	69
Changing the Child-Support Arrangements.....	70
Working Parents' Success Stories..	72
How to Go About Changing	
Your Working Schedule	72
CHAPTER 14:	
Dating in Co-Parented Families..	73

Write a Letter....	74
Let Your Kids Set the Pace.....	75
It's a Complicated Situation.....	76
Questions to Ask When Dating...	76
Looking Out for the Kids at Mom's House, Too.....	78
Avoiding Jealousy	78
Problems with	
Using Stepparents as Mediators.....	79
CHAPTER 15: Envisioning the Future	80
Three Categories of Divorced Parents.	80
Three Stories..	81
Allen and Karen.	81
Jean, Alex, and Louisa.....	84
Mickie, Dan, Renny and Deirdre.....	85
Sounding the Gender-Bias Alarm.....	88
Poll Shows Most People	
Believe in Shared Parenting.....	89
New Organizations to Support Fatherhood.....	89
How to Start a Divorced Fathers' Network	90
Suggested Reading...	91