

Parallel Parenting & Memos

By reducing communication between co-parents in conflict, parents are given space to heal and reduce stress in their lives. They can then focus on the best interest of their child. It is recommended that Parallel Parenting is utilized during high conflict times. This means that parents do not speak to one another. Communication is limited to simple text like, "I am on my way" or, "I will be 15 minutes late" and formatted Memos that become agreements between co-parents. Memos are attached to e-mails and the only writing in the e-mail is: "Please see attached memos." If there is an emergency, a planned third neutral party, law enforcement or medical staff would relay information. Things like the whereabouts of the child or description of the crisis situation are types of information shared in emergencies. All memos have only one topic. They are signed by both parents and agreement or disagreement are evident in the subject. When no signature is given by the receiving parent this is considered a refusal to address the situation. The sending parent notes on the return date requested (if applicable), "refused to sign" and signs and dates the notation. The memos are brief with no more than 1-2 lines of information added to the formatted document.