

## Tips for Shared Parenting

*Please note: the shared parenting advice below may not apply to families who have a positive case or close contact with a positive case*

### 1) Be Informed, Stay Healthy

Stay up to date on the latest information, and best practices on how to care for you and your loved ones during these difficult times by following recommendations from the [Public Health Agency of Canada](#), [Ontario Public Health](#), and [Lambton Public Health](#)

### 2) Be Mindful

Understand the seriousness of the situation but maintain a calm and honest attitude when speaking with your children. Encourage them to ask questions and express their own feelings; respond truthfully, in an age-appropriate manner.

### 3) Be Compliant

While we are certainly dealing with unusual circumstances, the custody agreement exists to provide structure for co-parenting families. It should continue to be respected.

### 4) Be Creative

At the same time, COVID-19 is an unusual situation and parents may have to work extra hours to deal with the crisis, other parents may have more time on their hands. Plans change. Encourage closeness with parent who may have less time with their child during this crisis by using tools like Skype or Facetime to read a book at bed time or just chat with their child.

### 5) Be Transparent

Be honest with your co-parent about your own worries or exposure to the virus. Try to agree on steps you will both take to protect your child. Both parents should be informed about their child's health or well-being.

### 6) Be Generous

Try to provide make-up time to the parent who missed out during this crisis. There is an expectation to make reasonable accommodations when possible.

### 7) Be Understanding

No one will be completely unaffected by this current crisis. One or both parents may face economic hardship or lost earnings which may impact child payments. Co-parents should be accommodating of each other's situations, from understanding lower support payments, to allowing make-up time.

### 8) Be there for *them*

This pandemic will leave vivid memories for many children. This is a perfect time for co-parents to come together and focus on what's best for their child.