

CO-PARENTING COMMUNICATION SCRIPTS & BOUNDARIES GUIDE

(Practical templates for calm, consistent communication with your ex while protecting your peace.)

1. When You Need to Discuss Child-Related Logistics

Purpose: Keep conversations short, factual, and child-focused.

Use when: Planning pickups, drop-offs, school updates, or schedule changes.

Template:

“Hey [Name], I wanted to confirm [child’s name]’s pickup time on [day]. I’ll be there at [time]. Let me know if that still works.”

If they start arguing:

“I’d like to stay focused on [child’s name]’s schedule so things stay clear for both of us.”

2. When You Need to Set a Boundary

Purpose: Maintain emotional distance while staying cooperative.

Use when: They push for personal conversation or try to re-enter your emotional space.

Template:

“I understand your concern, but I’m not comfortable discussing personal matters outside of parenting. Let’s keep our communication about [child’s name].”

If they keep pressing:

“I’m ending this conversation now. We can continue talking about parenting plans later.”

3. When You Need to Respond to Guilt or Manipulation

Purpose: Break old emotional cycles and protect your peace.

Use when: They use guilt (“You never cared”) or nostalgia (“Remember when we were happy?”).

Template:

“I’m focused on keeping communication respectful and centered on [child’s name]. I won’t be responding to personal comments.”

If they get defensive:

“I’m not trying to argue. I just want us both to stay calm for [child’s name].”

4. When You Need to Talk About a Sensitive Topic

Purpose: Handle tension without slipping into old dynamics.

Use when: School issues, discipline, health, or money come up.

Template:

“I want to talk about something important for [child’s name]. Can we set a time to go over it calmly? I want to make sure we both feel heard.”

If it escalates:

“This isn’t the right time to talk about this. Let’s revisit when we’re both calm.”

5. When They Overstep (Unannounced Visits, Boundary Violations)

Purpose: Re-establish safety and predictability.

Template:

“I need us to stick to the agreed times for visits. Last-minute changes make it hard for [child’s name] to adjust.”

If they continue ignoring boundaries:

“If the schedule keeps changing without notice, we might need to use a co-parenting app to help track everything.”

6. When You Need to Switch to a Co-Parenting App

Purpose: Add structure when communication gets messy.

Suggested apps: *2houses, OurFamilyWizard, TalkingParents, Coparently*

Template:

“I think using [app name] will help us stay organized and reduce confusion. Everything will be in one place, and it’ll help both of us keep clear records.”

7. When You Need to End a Conversation Gracefully

Purpose: Prevent emotional spirals.

Template:

“I think we’ve covered what’s needed for now. Thanks for your time.”

If they push to continue:

“I don’t think this is productive right now. Let’s talk later if needed.”

8. Quick Boundary Checklist

- Keep every message short and factual
 - Don’t respond immediately when emotions are high
 - Use written communication for clarity
 - Avoid defending, explaining, or justifying
 - Prioritize your child’s stability over being “right”
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Optional Add-On Section for Design (to place at the end of the PDF)**“Keep Your Calm” Daily Reminder Card**

- Take one deep breath before every reply
- Ask: “Is this about my child or my emotions?”
- If it’s about your emotions, pause before responding