

# Creekside Psychology Ltd.

Dr. Gregory Pickering, Ph.D.  
Registered Psychologist, CAP No. 1745

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## **BUSINESS-LIKE BEHAVIORS**

### 1. DEDICATION TO A COMMON GOAL

- In business it to fulfill a contract, meet an obligation, or manufacture a product.
- Here it is to raise children who are emotionally and physically healthy.

### 2. COMMITMENT TO A WIN-WIN RELATIONSHIP

- If both are committed to this the business relationship will continue for a long time, if not the relationship will break off.
- In co-parenting there is need for long-term relationship to successful parent the child. Therefore the two parties will benefit from being committed to a win-win relationship. This means making an effort to meet the needs of both parties at all times. It means not looking for or taking advantage of short-term wins because of the likelihood of long-term damage.

### 3. NEGOTIATION OF DIFFERENCES

- Changing circumstances always arise. When this happens, the two parties must negotiate an acceptable solution. A good faith effort is made to meet the needs of both parties and differences are resolved through win-win negotiation.
- New circumstances are sure to arise in a co-parent relationship. Also as your children mature and grow, their needs and interests will change. When these happen co-parents must negotiate acceptable solutions. co-parents in a business relationship negotiate in good faith so that both are winners and the children never lose.

### 4. FOCUS ON A SINGLE TOPIC

- In business only certain aspects of the business are put on the table for discussion. For example a purchaser and vendor may discuss the price of products but not the qualifications of a new hire.
- Same for co-parenting. The areas of common discussion center on specific aspects of child-rearing and not dating patterns of the parties for example.

## 5. OBSERVATION OF COMMON COURTESIES

- Common courtesies such as calling to make appointments, notifying the other party when there is a change, keeping the other party current on issues that affect their common goal are all part of business relationships. Voice tones are pleasant. Requests are made rather than demands and information is shared rather than hoarded.
- All of the above is the same in a co-parenting relationship

## 6. COMMUNICATION WITH FACTS, NOT FEELINGS

- In business the two parties expect to have differences, which they must negotiate. During the communication itself, feelings are put aside so that they do not interfere. It is understood that sarcasm, whining, demanding, placating, moralizing, advising, and/or complaining will only reduced the chances of a satisfactory outcome. Clear, unemotional communication that uses facts to move toward solutions to problems increases the chances for continuing a viable, long-term relationship.
- In co-parenting relationship the parties need to communicate with facts rather than feelings. Emotions tend to interfere with problem-solving process and reduce the chances for a successful relationship. Since the co-parents are no longer responsible for emotional support, emotions should not play a part in their continued communications. When emotions are set aside, the two people can better work toward finding solutions to any outstanding problems.
- Removing emotions from communication does not mean denying them. Find another time or place to express them safely where they will be less likely to negatively influence the co-parent relationship and your children.