

Binuclear Families

Co-Parenting Relationship Types



Perfect Pals

These divorced parents are good friends. They talk with each other once or twice a week, they plan things together, and sometimes get together without the children. They may have occasional arguments but they don't result in angry disputes.

Cooperative Colleagues

These divorced parents cooperate and consult with each other about the children, but they don't have a personal relationship with each other separate from the concerns of the children. They try to share parenting of the children, are able to compromise in dividing up the holidays and may occasionally spend time together with the children (such as a holiday or birthday).



Angry Associates

These divorced parents tend to have an argument and feel angry most of the time when they have to talk to each other about plans for the children. But they talk to each other at least every couple of months, sometimes even once or twice a week, and make some joint decisions about the children.

Fiery Foes

These divorced parents rarely talk to each other and when they do they tend to be angry and argue or fight. They don't want to see each other and avoid contact as much as possible. They are still very angry about the divorce. They are not able to work out arrangements for the children without having an argument and may need a third party (i.e., lawyer, friend, child) to settle their disagreements.



Dissolved Duos

These divorced parents totally discontinue contact with each other and one parent usually disappears from the children's lives. This parent typically leaves the geographical area in which the family lives.