

Life after 18

Co-parenting doesn't end when your child turns 18. There will be holidays, weddings, grandbabies, and many other life events that you'll have to navigate. No matter your feelings, the main focus needs to always be your child. Don't dictate how it's supposed to be. Let your adult child figure things out. Don't check out either. Engage in ways that create opportunity for conversation but don't impose conversation. **Find ways to engage** by opening up a conversation and if they don't wanna talk, that's okay, you opened it up.

Holidays

They still want to spend holidays with both parents. At some point they may want to **include both parents.** **Now the decision is really theirs.** There's no longer a document that says "You will be at your dad's from this time to this time." When young adults get to this point, give them freedom to decide how they want to spend their holidays and **DO NOT** use any kind of guilt. Let them have that freedom to make their own choices and support them in their choices. If you're the kind of parent who is like that, they're going to want to spend time with you. You don't have to worry about guilt and manipulating them into spending time with you.

You Never Quit Being a Parent

Don't let the kids be the tools of the pain, **keep them as the main focus.** No matter what the relationship might turn out to be, it's not the children's fault. And it's not your fault either. The relationship was something that **just didn't work out** between you two.

At all stages, **put the differences aside and focus on the kids.** Children don't always understand what happens between adults or young adults when they make their decisions in life.

You still have the greatest opportunity to make the biggest impact on the one that's most important -- **the child.** So don't give up on life. And don't give up on your children. Most of all, don't give up on yourself. **Your life didn't end with a broken relationship.** It wasn't the end of life. Keep moving forward.