



### Child-Centered Divorce Pledge

We \_\_\_\_\_ and \_\_\_\_\_,  
parents of (List names of child(ren) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

WILL honor and preserve secure and healthy relationships between our child(ren) and each of us as a parent:

- We will reassure our child(ren) that they are loved; that the divorce is not their fault; and that we will always work together as parents to take care of them.
- We will create an open and nonjudgmental environment for our child(ren) to talk about how they are feeling.
- We will set aside one-on-one time so we can each be with our child(ren) during this process.
- We will treat each other with respect.

TO honor and preserve secure and healthy relationships between our child(ren) and each of us as a parent, we will NOT:

- Belittle or speak ill of each other in front of or within hearing range of our child(ren).
- Encourage or tolerate anyone else to take sides or speak ill of either one of us in front of our child(ren).
- Argue in front of our child(ren).
- Vent personal anger or frustration at our child(ren).
- Encourage our child(ren) to side with one parent against the other.
- Use our child(ren) as confidants, nor share adult information with them.
- Ask our child(ren) to convey messages back and forth to each other.
- Ask our child(ren) to report on what the other parent is doing.
- Use frequency, duration or content of parenting time as a means of retaliation against, or control over the other parent, at any time.

We pledge to honor these commitments to the best of our abilities. We recognize that each of us may err along the way. When this happens, we agree to take responsibility for having made a mistake and apologize to the child(ren) and each other, as appropriate. In addition, because we are both fallible, we commit to communicating with each other directly when mistakes are made and not retaliating against each other out of frustration.

We agree that we both love our child(ren) and want what is best for them and will commit to being the best parents and co-parents that we can be during and following this transition.

Signed,

---

Parent

---

Date

---

Parent

---

Date