

## Impact of Co-parenting Behavior on Indians

**Ankita Choudhary**

Dept. Family Resource Management, CCSHAU, Hisar

**ARTICLE ID: 103**

### What is Co-Parenting?

Co-parenting is an endeavor undertaken by parents who share equal responsibility for the socialization, care, and upbringing of their children. The co-parent relationship is distinct from an intimate connection between adults in that it is only concerned with the kid. In evolutionary biology, the similar word is bi-parental care, which refers to parental investment by both the mother and father.

### Co-parenting after divorce

Divorce after having children is painful for both parents in India, since marriage is a lifetime commitment. Every Indian parent worries about what will happen to their children and how they will fit into society. Co-parenting after divorce can provide the children a good opportunity at a normal existence. In India, where the most common grounds for divorce are abuse or separation, parents are constantly at odds. This has a significant impact on the child's upbringing. Couples must use extreme caution to ensure that their arguments and anger with their spouse do not negatively impact child's mental development. However, having the support of both parents is extremely important for a kid, even though co-parenting after divorce is not always feasible in India. If parents are considering co-parenting after divorce, they must plan ahead of time and communicate openly. Follow these steps to make co-parenting more than a chore and rescue your child from the painful reality of divorce. Divorced spouses should share custody of their children, putting aside their disagreements for the benefit of the child's upbringing.

- ✚ **Divorce with shared custody:** In India, most divorcing spouses forget about what is best for the kid and resort to solo parenting in order to punish their spouse. A bad divorce causes resentment, openly abusing the emotions of both the parents and the kid, leaving the youngster heartbroken and bewildered.
- ✚ **Residential Proximity:** When parents decide to live far apart from each other, the most typical uneasiness in a child's psyche is the dread of being uprooted from their



foundation. A child's attachment to his or her birthplace is common. Family members have an important influence in shaping a child's origins. A youngster who is co-parenting is allowed to visit relatives without reluctance. Living in close proximity increases the likelihood of a youngster receiving this benefit.

- ✚ **Societal status:** Often, large disparities in both parents' income and social standing begin to influence the child's choice for a more comfortable situation. In India, dads often earn and have a free hand with costs, but non-working moms are left with child assistance for daycare, which is insufficient to sustain the prior lifestyle. In this instance, both parents can help the child by working together to meet his or her requirements. Co-parenting is frequently expensive since it entails providing two homes for a child rather than one.
- ✚ **Acceptance of parenting style:** It is difficult for a father and a mother to deliver the same parenting to their kid. So, criticizing a child's parenting style just confuses him or her, undermining the benefit of co-parenting. To operate best, each parent should agree to create a co-parenting plan that explicitly allocates important tasks among parents such as education, medical health, and so on.
- ✚ **Resolving personal conflicts:** Divorced spouses frequently find it difficult to control their growing rage over divisive matters. Meeting ex-husbands repeatedly during co-parenting may be torturous, especially for women in India. Arguing in front of children, or worse, bringing them in between you for an opinion, will not serve any purpose in co-parenting. Using a child to relay messages between parents will damage the youngster's healthy environment even worse.

### **6 strategies to co-parent in the early stages of a divorce**

Dealing with co-parenting, especially in the early stages of a divorce, can turn out to be extremely difficult. The parents are figuring out a new normal for what they want out of life, how things will be, and how to rebuild their identity. There is an emotional dispersion, if not shattering, and you must remain strong for the sake of the children. It takes a lot of strength to go through a horrific situation and still be strong for the children.

- ✚ **Acknowledge that your choice of cutting your losses is in the best interests of everyone:** - When you leave a situation that is no longer working or may even be poisonous, you are helping yourself and everyone else. Children benefit from a fresh



start, space, and emotional healing, even if they must be with either parent at the same time. Living in a home where the parents are unpleasant, manipulative, sad, or continually squabbling on a regular basis becomes the unconscious background noise of a child's mentality later in life and can cause serious psychological damage. That's not the emotional atmosphere you want them to be in.

- ✚ **Recognize the fact that kids are emotional reservoirs:** - They are aware of what you are experiencing and experience it as well. They just do not know how to articulate themselves coherently. So, if they act out by becoming more demanding or unreasonable, withholding their approval and affection from you, or raising the bar to unrealistic levels, realise that they are truly seeking intense validation from you that you will not forsake them. The more youngsters are intimidated by their surroundings and/or the acts of adults, the more irrationally they behave. While you're at it, cuddling and holding youngsters is a lovely and incredibly effective approach to communicate to them that everything will be fine.
- ✚ **Maintain uniformity in the kid's schedules and activities:** - For them, life must be kept as steady and predictable as possible in every other aspect. Maintain physical and emotional bonds with them by keeping them involved in activities and with friends. Also, hobbies that require building something, such as blocks, art and craft, or anything creative, are fantastic in these times. Simulating building goes a great way towards undoing any psychological connections of a family unit split.
- ✚ **Don't separate the child from the other parent:** - Never deny the other parent visits or family time. There is no need to do this unless the other parent is abusive or aggressive. Set aside your preconceptions and allow the youngster to experience both sides of their family history. They have the same right to their father as they have to their mother. Children flourish when both parents serve as role models, and failing to offer this causes an imbalance in their future relationships.
- ✚ **Maintain your grace and modesty at all times:** - Maintain respectful, if not friendly, connection between the two parents throughout and after the breakup. The child will manage disagreement in the same way that he or she watches you handle conflict as they grow up. Osmosis absorbs dignity and elegance; they are not acquired artificially.



- ✚ **Build a helpful environment:** - When you're ready, notify the schoolteachers and school counsellors so that they may be a lovely, caring, and impartial support system for the youngster in what will otherwise look to him or her to be an absolutely frightening environment. Teachers frequently act as surrogate parents, whether deliberately or unknowingly. They are larger than life for the youngster and will remain so for a long, long time. If accessible, play therapy is strongly recommended for younger children. It naturally and organically extracts from the infant any leftover trauma that may later manifest as behavioural mis-patterns.
- ✚ **See if you are able to consult a therapist:** - Releasing painful emotional and mental imprints is an excellent approach to invest in yourself and a brighter future.

### Conclusion

Researches proved that mothers who viewed their co-parenting relationship as helpful, reinforcing, and with a high level of agreement and consistency on how to raise their children had less mental health difficulties than moms who did not perceive co-parenting support. Mothers who reported lower stress, anxiety, and depression symptoms reported high levels of warmth and affection in their relationship with their child and low levels of hostile parenting behaviors such as screaming, violence, and harsh discipline. This research adds to prior findings that parental sadness is negatively related to the quality of the co-parenting relationship. It is also consistent with previous research that shows that fewer parent mental health issues are strongly connected with high levels of parenting warmth and low levels of parenting antagonism.

Mothers had strong indirect impacts for the routes from co-parenting to parenting warmth and antagonism via parent mental health. More supportive co-parenting was linked to less mental health issues and, as a result, low parenting antagonism and high parenting warmth. Mothers who regard their co-parenting relationship as helpful, cooperative, and reinforcing report feeling less worried, nervous, and sad, and are better able to manage. This may result in fewer aggressive parenting actions and more warm, helpful, and loving parenting behaviors.