Acknowledgements

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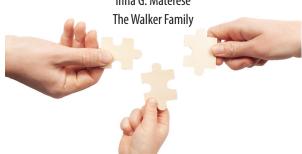
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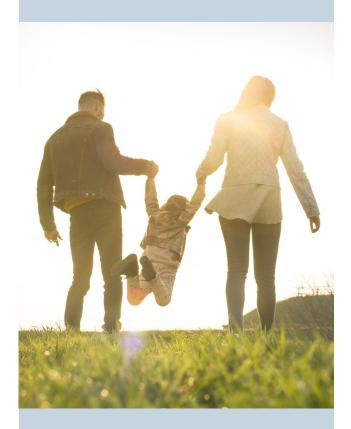






Pennsylvania Bar Association Family Law Section

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Pennsylvania Bar Association Family Law Section

Tips and Tools for Better Co-parenting





The Pennsylvania Bar Association Family Law Section created this video as a resource to help parents who are separated or divorced learn how to improve their co-parenting relationships.

The video, created by Family Law Section members, features realistic vignettes showing parents how to avoid common sources of conflict by using the BIFF Response® Method, courtesy of the High Conflict Institute in San Diego, California.

The video also features insightful commentary from experienced judges and mental health practitioners from across the state.

The video is intended to help parents (and their attorneys) understand and implement positive communication and behavior with their co-parents.

The video provides communication tools with a focus on BIFF Responses, which can be used to reduce conflict between parents in acrimonious situations.

BIFF is an acronym for communication that is:

- Brief
- Informative
- Friendly
- Firm

Strong, positive communication between co-parents benefits the parents and, most importantly, their children.

The video is free and available online.

The link can be freely shared with co-parents and used as a resource by family law attorneys, family court judges and mental health professionals.

You can find the video at www.pabar.org/site/FLS or scan the QR code below.



Closed captions are available in English and Spanish (Español).