

**Pennsylvania Bar Association
Family Law Section
Tips and Tools for Better Co-parenting**



What is This Video?

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 with positive communication and behavior. The video shows parents how strong, positive communication with their co-parent reduces stress and benefits their children.

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.

BIFF is an acronym for communication that stands for:

- **Brief**
- **Informative**
- **Friendly**
- **Firm**

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

How Do I Access and Share This Video?

The video is free and available online.

The video link is currently accessible to parents, attorneys, judges and mental health professionals to share or use as a resource.

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

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

