

BONUS MATERIAL

# How to CoParent During the Holidays

TIPS FOR COPARENTING SUCCESS  
AND REDUCING STRESS



Diane Windsor

# **Fun Bonus Material for**

## **How to CoParent During the Holidays**

### **Tips for CoParenting Success and Reducing Stress**

Thank you for purchasing the e-book, ***How to CoParent During the Holidays!*** Here at Motina Books Publishing, we are all about helping **you**, the single parent!!

The holiday season can be crazy! Being a single parent can be tough; you don't need the extra stress that the holidays can sometimes cause.

Our bonuses include the following:

- Mandala Coloring Pages
- Word Search
- Worksheets

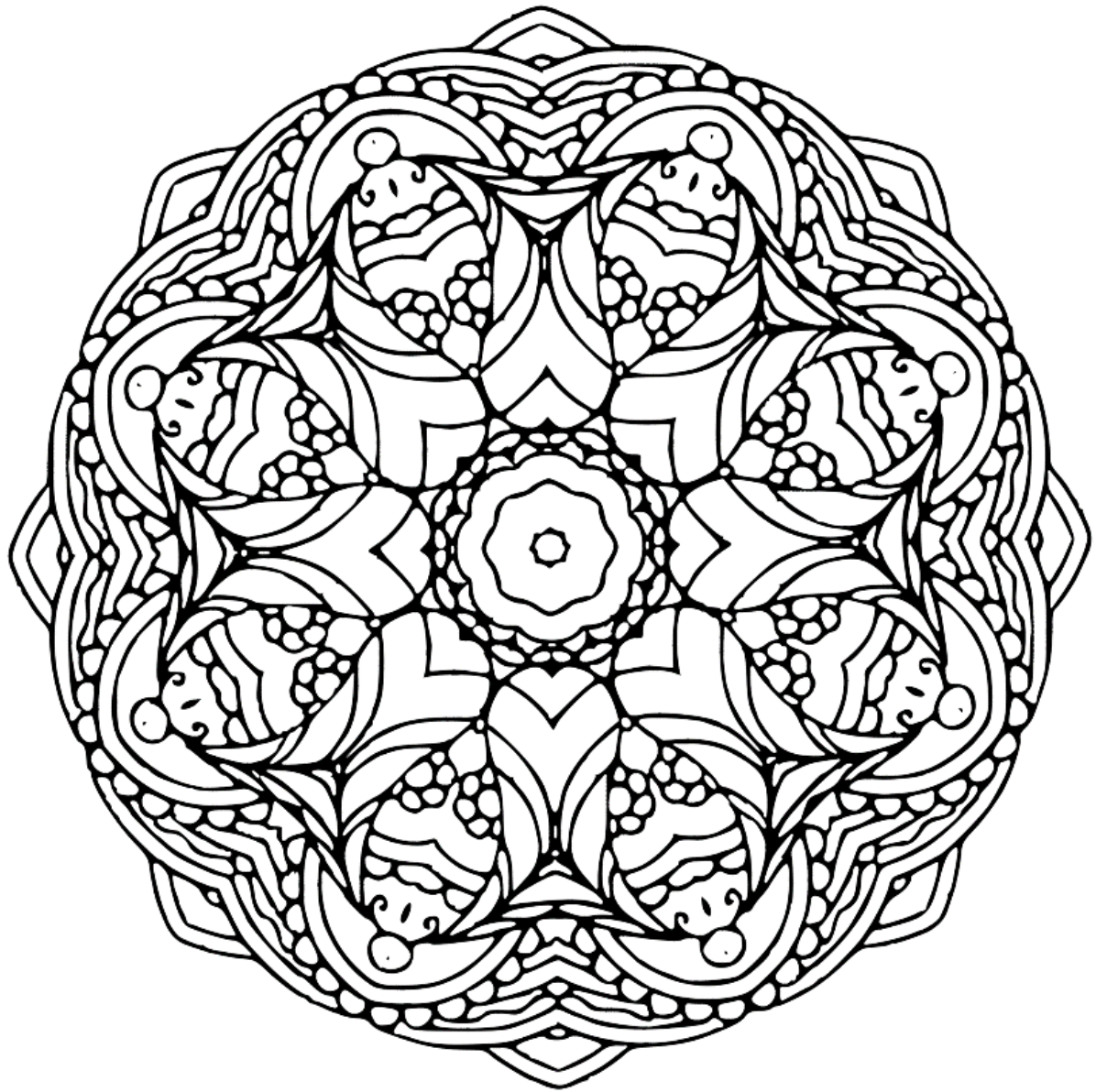
# Introduction



**Write down some of your goals and dreams.**



*Togetherness*

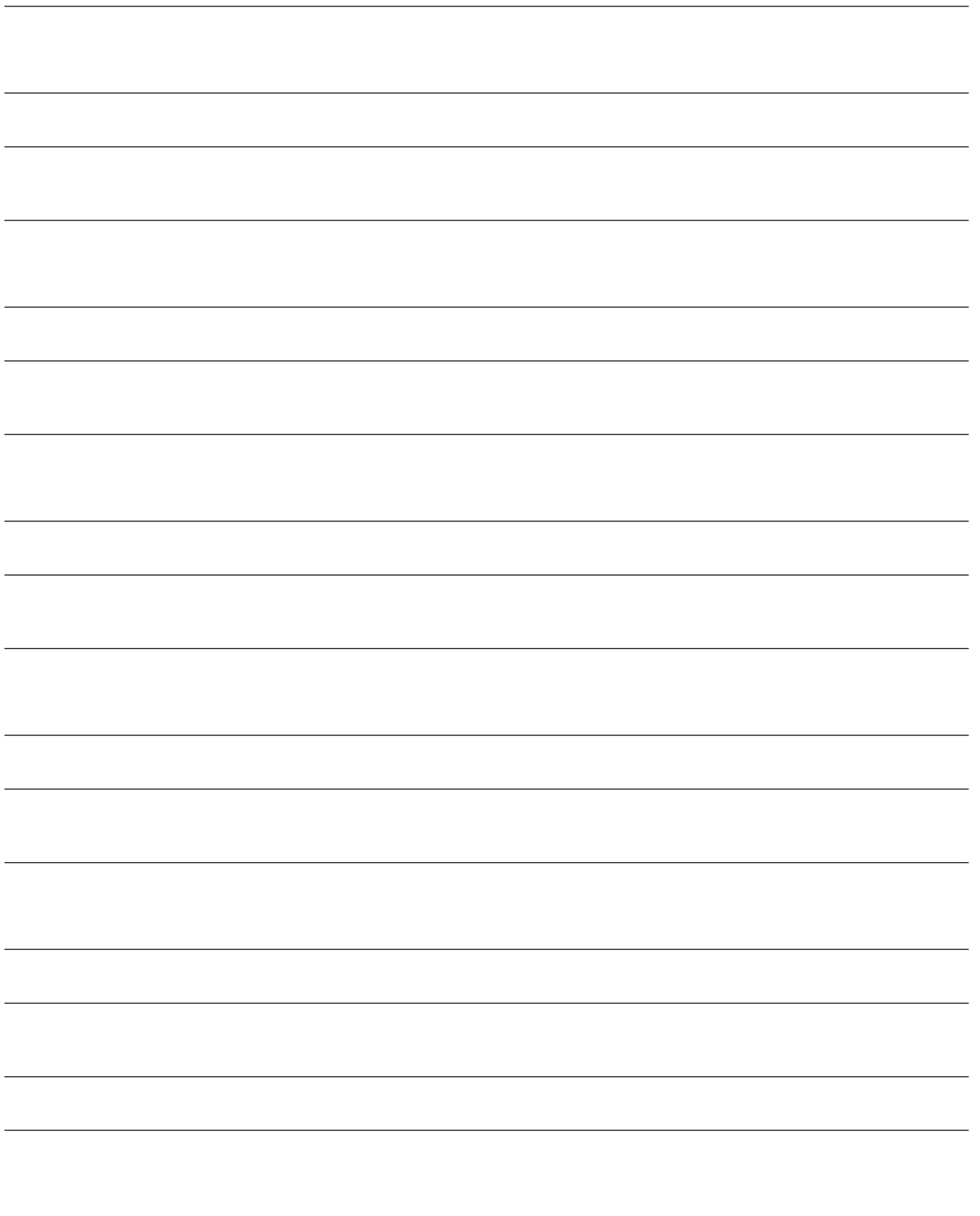


# Visitation Orders



Taking the High Road is not easy. It's tough to be nice to someone when you would rather rip their face off. It's okay to start small. Write down a few easy, small ways that you can cruise down that High Road.

[illegible]





# Different Households, Different Rules

Make a list of the things your ex does that really bug you! Then, see if you can come up with a few ways that you can make a difference. Don't try to change your ex– work on changing your approach to the issues that bother you.



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# Simple, Special Moments

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.



# Celebrating Together



What are some small ways that you, your ex, and your children can spend some time together as a family?

[illegible]

# Avoid Financial Stress

Determine how much money you can allocate to your Christmas envelope every time you get paid.





## Your Giving List

Enjoy!

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# Filling the Void — Give Back

How would you like to help your community?



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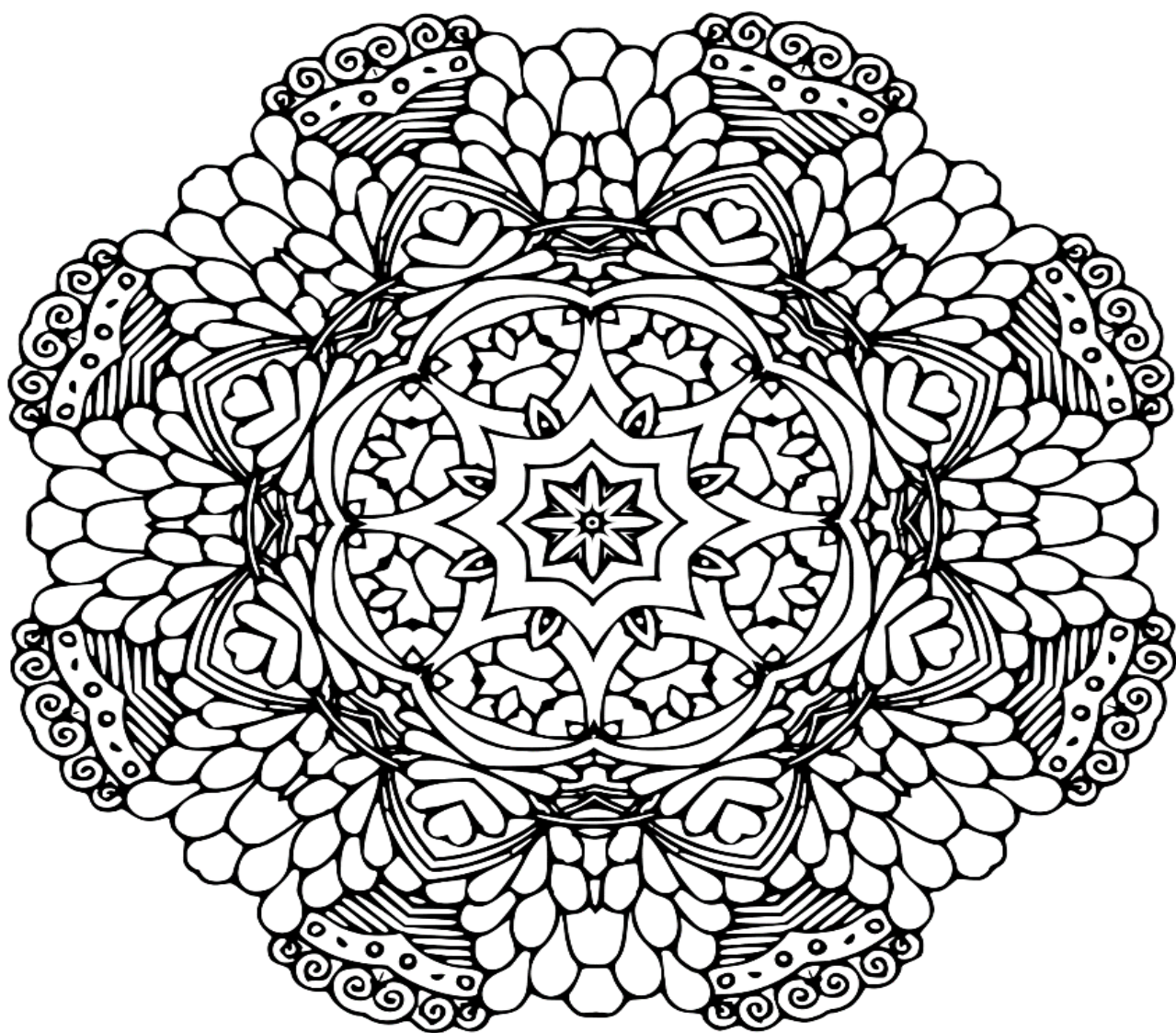
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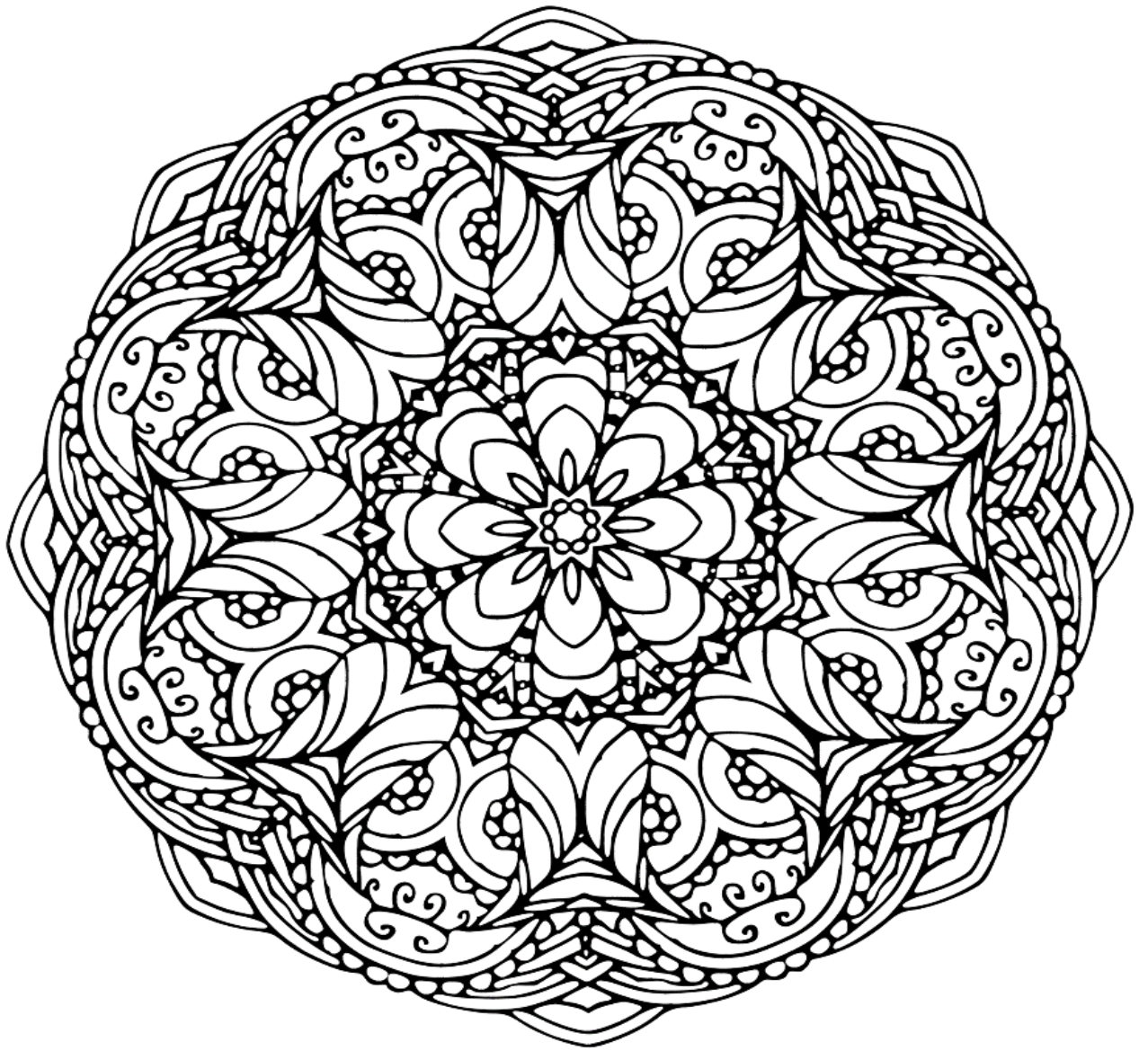
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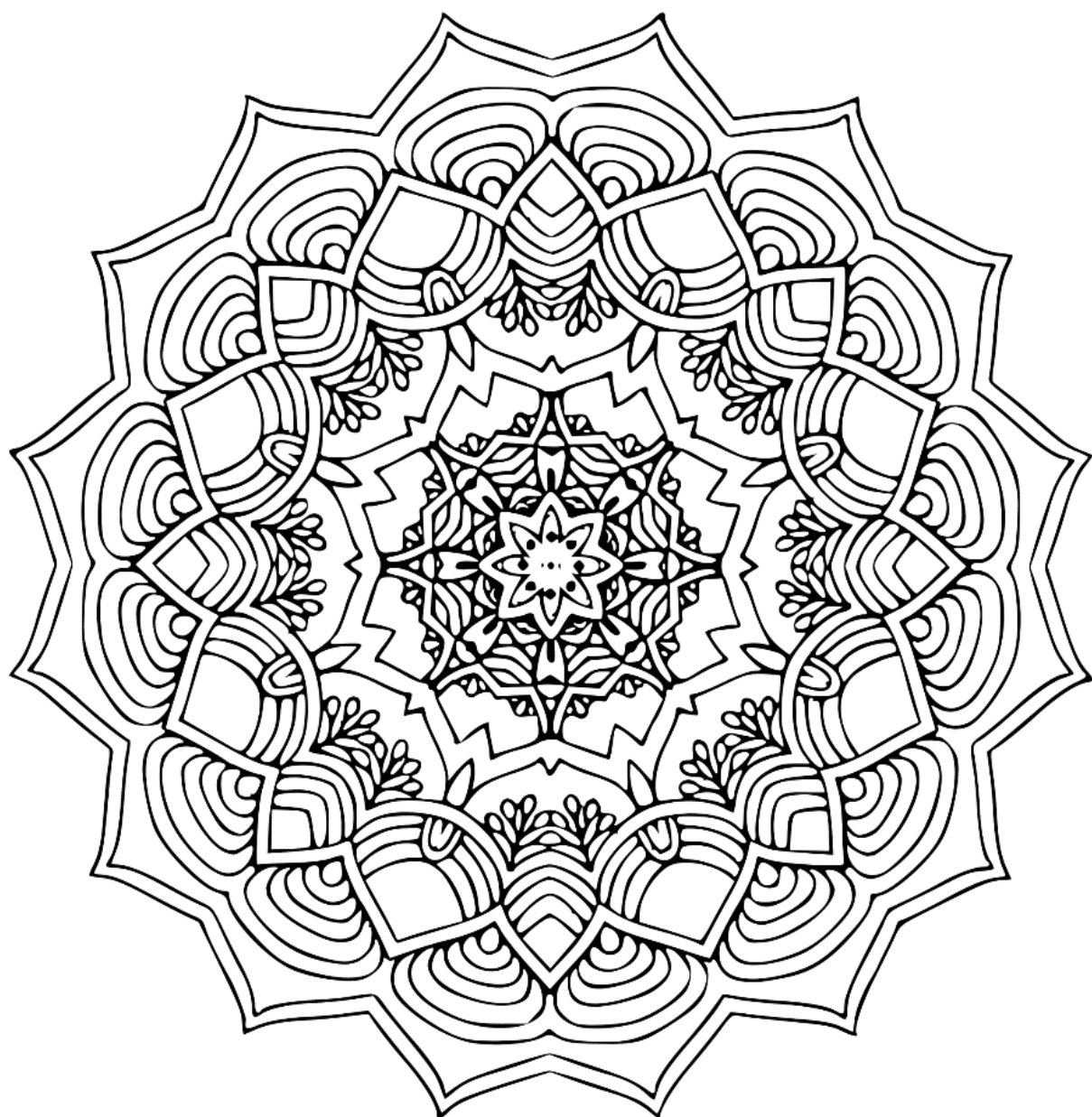
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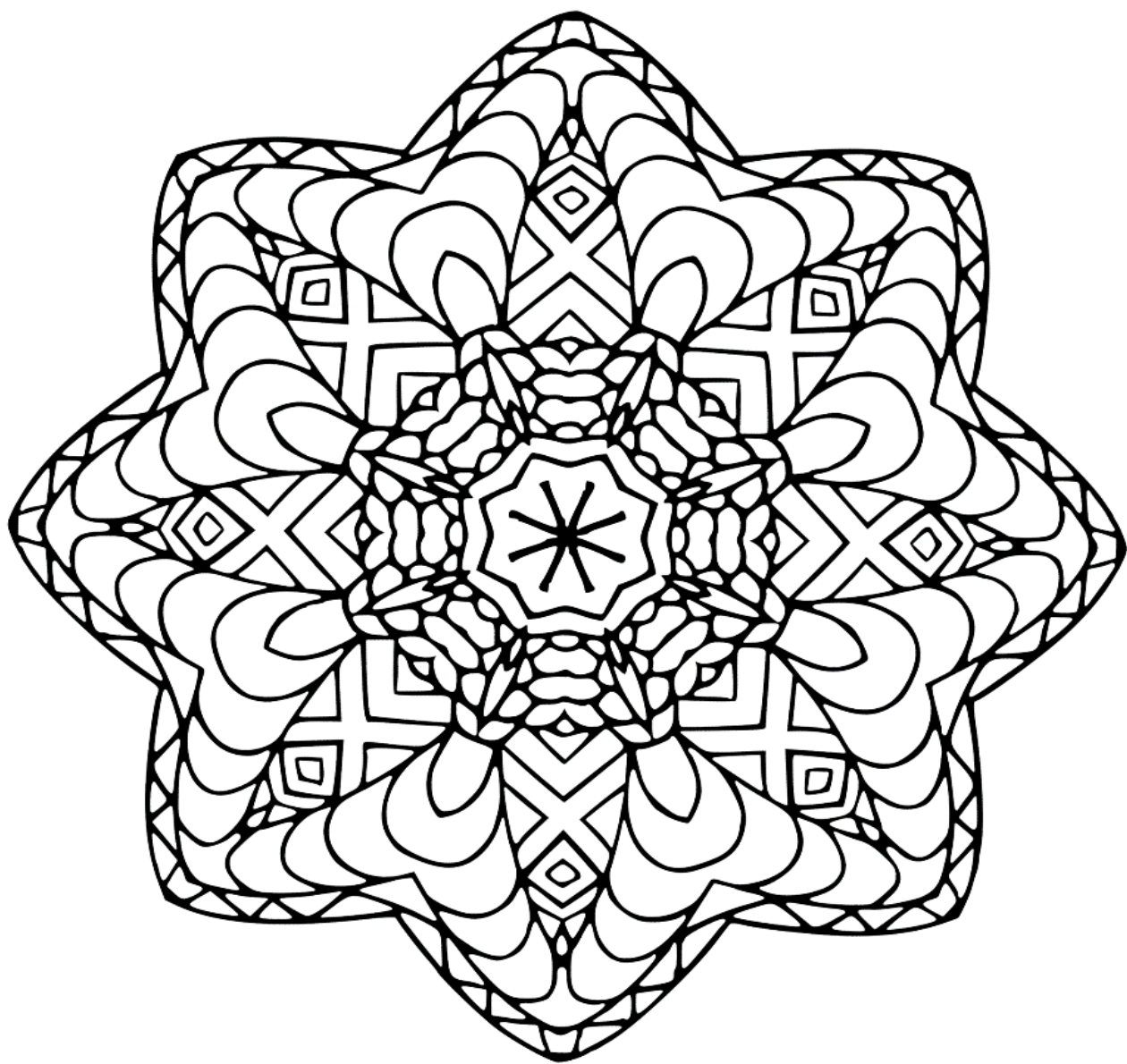


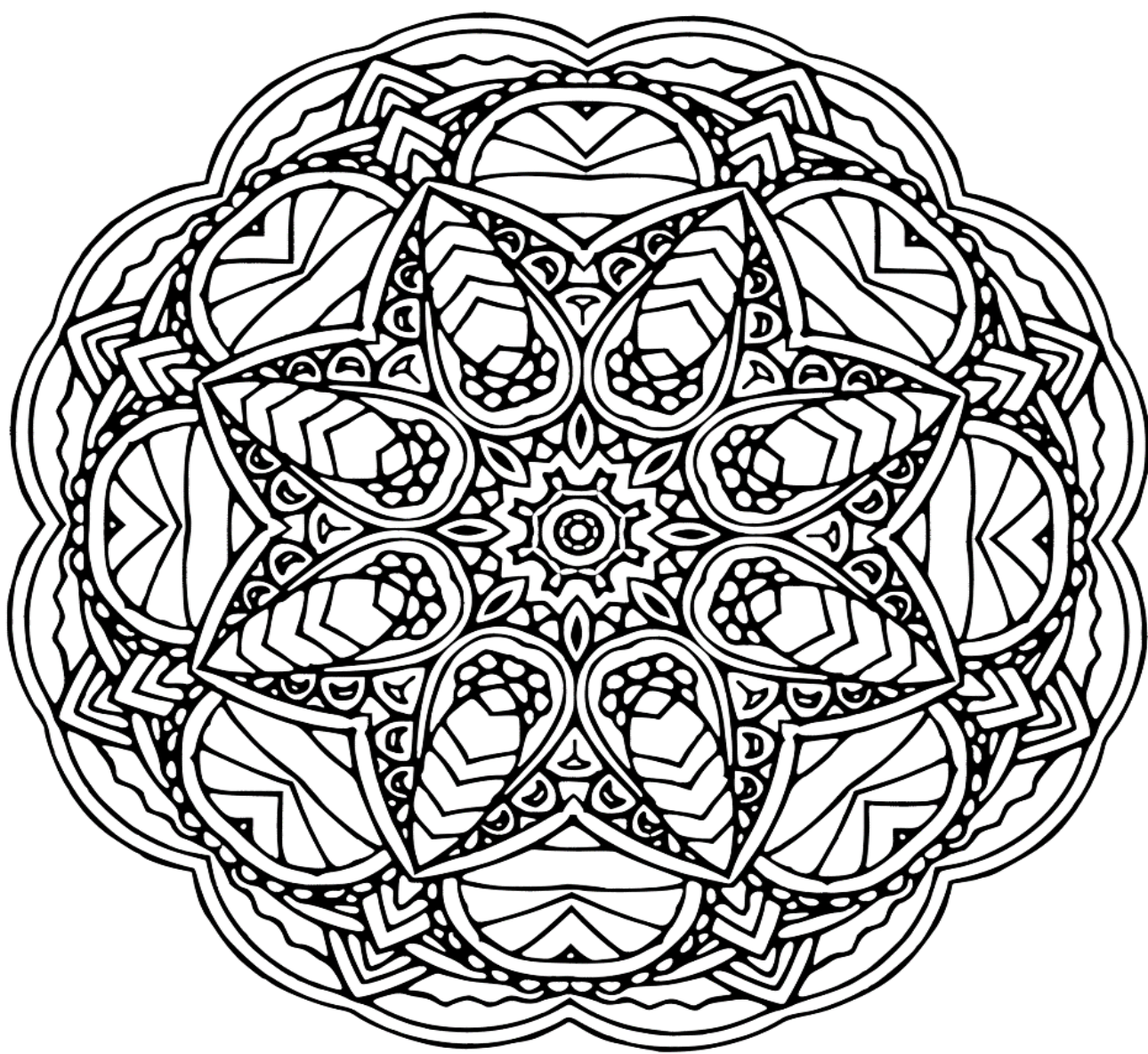




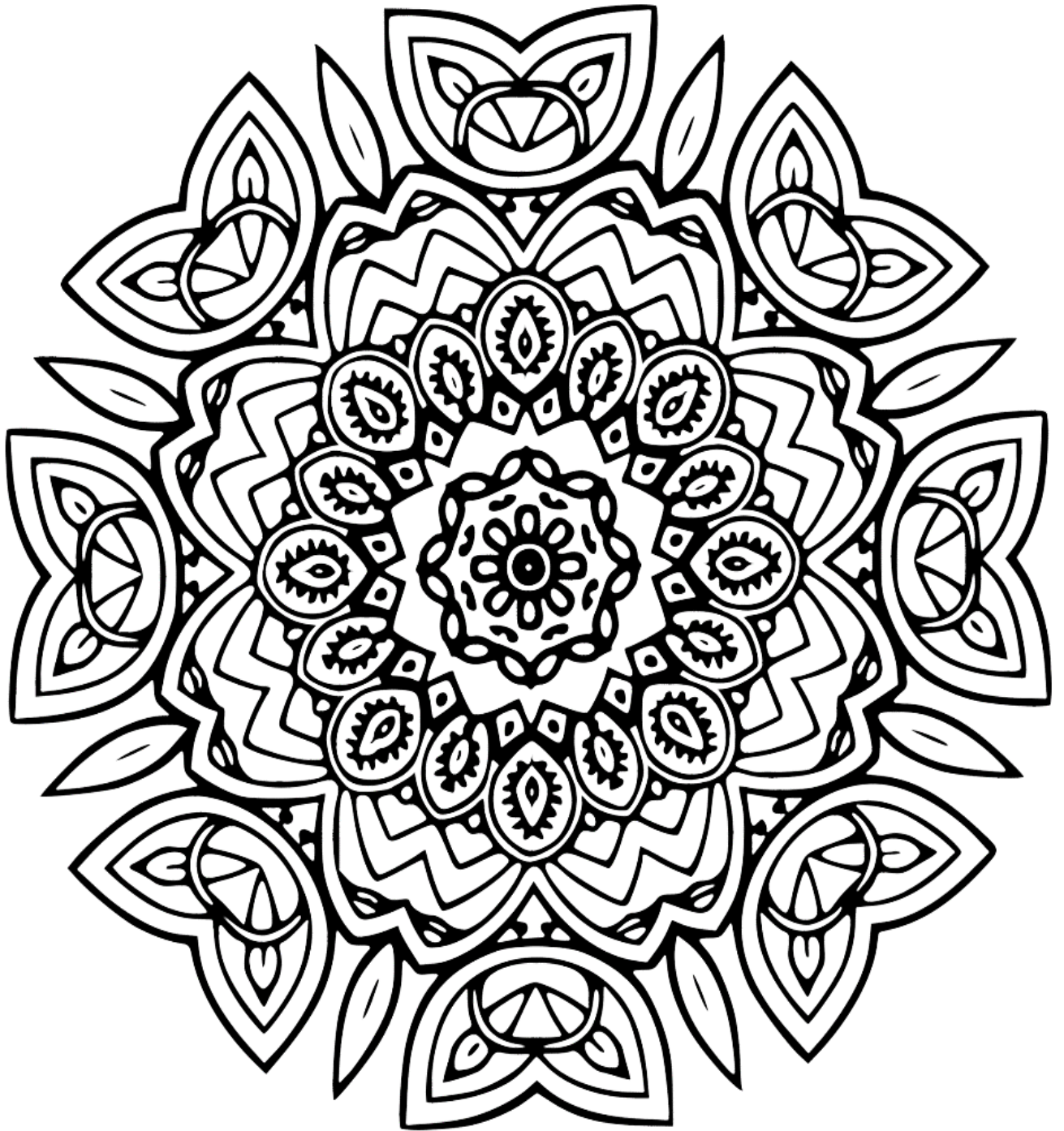












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AIRPLANE  
 ATTITUDE  
 CONVERSATION  
 CROWDFUND  
 DIVORCE  
 FUN  
 HOLIDAY  
 LIMITS  
 MONEY  
 PEACE  
 RESPECT  
 SPENDING  
 VOLUNTEER

ANIMALS  
 BIRTHDAY  
 COPARENT  
 DAD  
 ENJOY  
 GIVEBACK  
 HOUSEHOLDS  
 MARRIAGE  
 MUSEUM  
 RELATIONSHIP  
 SAVING  
 STRESS

ARRANGEMENT  
 COMPROMISE  
 CRAZY  
 DECORATING  
 FLIGHT  
 GRANDPARENT  
 LIGHTS  
 MOM  
 ORDER  
 RELAX  
 SINGLE  
 TREE