

# COLLABORATIVE Practice Tips

## September 2020

A monthly bulletin from the CP Cal Practice Excellence Committee

The Practice Excellence Committee is pleased to offer tips to help you increase your Collaborative cases and achieve *practice excellence*.

Please send us your comments and questions! Email us at [info@cpcal.com](mailto:info@cpcal.com)

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### September TIPS

The Silver Lining of Nesting in COVID times: 10 Points to Remember:

Concurrently with the onset of COVID forcing many parents to continue to live together while separating, Ann Buscho Ph.D.\* (Marin Collaborative Coach) has recently published her very insightful book, *The Parent's Guide to Birdnesting: A Child-Centered Solution to Co-Parenting During Separation and Divorce*

Nesting is an arrangement where the children stay in the family home and the parents rotate in and out for their scheduled parenting time. The term comes from a comparison with bird nests, where the babies remain in the nest, while their parents fly in and out, caring for their babies. Nesting looks different for every family and the most successful nesting arrangements are carefully personalized.

Many of us are familiar with nesting in our Collaborative work. Here are several TIPS to remember when discussing the nesting option, especially with COVID-stressed families. Even if nesting may be the only option, consider

COVID-stressed families. Even if nesting may be the only option, consider that there are real advantages, when planned carefully:

Nesting can help to provide families with the following benefits:

- 1) Reducing conflict by providing clear agreements about “on-duty” / “off-duty” parental responsibilities.
- 2) Providing RELIEF to children and protection from their parents’ conflict.
- 3) Giving parents RESPITE from each other and short breaks from parenting.
- 4) Providing PRACTICE to parents with solo parenting.
- 5) Demonstrating to children that their parents can find NEW WAYS to solve complicated problems and how to make the best of a challenging situation.

To help ensure the success of nesting, be sure to be SPECIFIC when considering the following:

- 1) Creating a calendar for all to see each parent’s respective responsible parenting time (“on-duty” and “off-duty”) (paper and digital).
- 2) Discussing options for where the off-duty parent will be during the on-duty parent’s responsible parenting time. This is much easier with a larger home and sometimes rooms can be rearranged to give parents separate spaces. Other options might include staying at another person’s home or renting a room or apartment where both parents can rotate during their respective off-duty time.
- 3) Creating agreements about the privacy of papers, computers, personal belongings.
- 4) Agreement on how household tasks are divided: i.e. shopping, cooking, cleaning, paying bills, etc.
- 5) How to help children effectively manage changes: i.e. normalize having fun, making mistakes and wishing COVID would disappear. Encourage children to talk to a parent or trusted adult when they become overwhelmed and/or have questions about what is happening between their parents.

\*Ann Buscho, Ph.D is a founding member of CPCAL’s Practice Excellence Committee and one of the original drafters of TIPS. Please refer to Ann’s creative and thoughtful compilation of nesting ideas included in her book, *The Parent’s Guide to Birdnesting: A Child-Centered Solution to Co-Parenting During Separation and Divorce* (September 1, 2020)

## **From the PEC:**

Marketing tip:

Using Divorce Options as a Way to Market Your Practice

CP Cal has provided us all with a powerful marketing tool. Let's find ways to use it to our advantage!

What you want: Someone who knows and respects your work has referred a potential client to the class as a way to "meet" you and find out more about their process options. These are the Divorce Options attendees who become clients!

What this means: People who know and respect your work also need to know that you're teaching the class this month and how to hook these clients up to watch the class.

AND you need to show up as the wise and competent professional you are!

1. Sign up to present.
2. Get the link to the class at least 2 weeks in advance and the url of the page on your practice group website, or your own, where people can go for more information.
3. Post in your Facebook and/or LinkedIn feeds a little blurb about the class and the fact that you'll be teaching. Don't forget to include the link to a page with more info.
4. Find your colleagues' posts about the class and comment collaboratively. While you're there, "follow" and recommend your collaborative colleagues.
5. Hate social media? Find another way to let your referral sources know about the class. A flyer via snail mail? A phone call? A group email?
6. Meet with the presentation team ahead of time to work through the logistics.
7. Print out notes for each of your slides. Fold each page in half. You can put this printed page in front of your screen without blocking the camera.
8. Rehearse saying what you want to say while always looking at your notes or directly into the camera.
9. While you're teaching the class, have fun! Smile often.
10. Follow up with attendees and with your referral sources.



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