

Parenting Coordination

Guidebook and Frequently Asked Questions

*Information for parents managing the
Parenting Coordination process*



LINDA DENARO

Mediator | Counsellor | Parenting Coordinator

www.lindadenaro.com.au

Linda Denaro is a Mediator, Family Dispute Resolution Practitioner, Counsellor and Parenting Coordinator. With over 10 years' experience, she supports parents and couples through some of their most challenging transitions, offering steady, practical guidance from early separation through to court post-orders, with genuine care for helping parents communicate more effectively, reduce conflict, and support healthier, more stable environments for their children.

As a Parenting Coordinator, Linda provides a calm, structured and impartial process to help parents follow court orders and parenting plans, work through parenting issues as they arise, and maintain arrangements that are practical and child-focused.



Qualifications:

- Bachelor of Laws (Honours), Queensland University of Technology (in progress)
- Graduate Diploma of Family Dispute Resolution Practice, College of Law Australia
- Graduate Diploma of Counselling, University of New England
- Bachelor of Training, Griffith University
- Parenting Coordination, Parenting Coordination Australia

Registrations:

- Family Dispute Resolution Practitioner | Attorney-Generals Department, Australian Government
- National Accredited Mediator AMDRAS | Mediation Institute
- Counsellor & Clinical Supervisor | ACA Australian Counselling Association (Reg: 10585)

Fees

Individual Intake (1hr) **\$400** per parent (initial individual session with each parent)

Parenting Sessions (1hr) **\$400** per parent (both parents attending)

Timeframe: Parenting sessions are generally held once per month, for up to 2 years.

All sessions are done online via Zoom.

All fees include GST.



About Parenting Coordination

What is Parenting Coordination?

Parenting Coordination (PC) is a post-separation, post-orders process designed to help parents put Court Orders or Parenting Plans into practice.

A Parenting Coordinator provides structured support to ensure parents remain focused on their children's needs and comply with family court orders or parenting plans. It does not change a court order or a parenting plan or revisit past relationship issues. Instead, it focuses on implementing parenting arrangements to work in real life to support their children in stable and consistent environments.

What can Parenting Coordination sessions help to resolve?

As a Parenting Coordinator, Linda can assist parents to discuss and resolve topics they need to make decisions on, some issues include:

- Time children spent with each parent
- Changeover routines (pick up/drop off times)
- Organisation of special occasions, birthday and holidays
- Children's schooling and extracurricular activities
- Children's health and medical needs
- Co-Parental communication and conflict strategies
- Any child-related matter or concern

What to expect from Parenting Coordination

Is Parenting Coordination suitable for high-conflict co-parents?

Yes. Parenting Coordination is designed to support parents experiencing ongoing conflict by providing structure, clear boundaries, and guided support to reduce escalation and keep the focus on the children.

Can Linda be appointed as Parenting Coordinator if she has worked with the family before?

No. A Parenting Coordinator needs to remain impartial. If Linda has previously acted as your Family Mediator or in any other similar capacity, she is unable to act as your Parenting Coordinator.

Can Linda invite the other parent to attend Parenting Coordination? If the other parent does not agree, what happens?

Yes. Linda can contact the other parent to gather consent if they agree for her to be appointed as Parenting Coordinator. Once the other parent agrees, then the Parenting Coordination proceeds. If the other parent chooses not to proceed, Linda needs to remain impartial and you are recommended to seek legal advice.

Do both parents need to be fully on board for Parenting Coordination to work?

Yes, Parenting Coordination works best when both parents are willing to take part and keep the focus on their children. Being open to the process and respectful communication helps it work more effectively.

What if we don't agree on much right now, can Parenting Coordination still help?

Yes. Parenting Coordination can be especially helpful when parents are struggling to agree. The process offers structured support to reduce conflict and help parents work through parenting issues calmly, while keeping their children at the centre.

How the process works

How does Parenting Coordination work?

- Step 1.** To begin with, parents provide Linda with a copy of their Court Orders or Parenting Plan to read and review. This allows Linda to clearly understand the arrangements and the scope that parenting coordination will work within.
- Step 2.** Parents sign the Parenting Coordination Agreement, which outlines the purpose of the process, expectations, boundaries, and how the engagement will operate moving forward.
- Step 3.** Each parent participates in an online individual intake session with Linda. This session provides space to share concerns, clarify goals of court orders or parenting plan and prepares each parent for upcoming joint parenting coordination session.
- Step 4.** Parents attend online sessions with Linda, usually on a monthly basis, where the implementatin of the orders or plans are placed into practice in a child-focused way. After each session, parents receive a brief email summary outlining the key discussion points and agreed outcomes, helping maintain clarity and consistency between sessions.



How to attend sessions

Where do the Parenting Coordination sessions take place?

Linda provides Parenting Coordination session via secure online video conferencing by Zoom. This allows parents to attend from their own space, without travel, making sessions more convenient while still keeping things structured and focused.

How are Parenting Coordination sessions are run online?

Linda facilitates either Joint or Shuttle online sessions.

Joint sessions involve both parents meeting in the same virtual room, where they can see and hear each other, with Linda facilitating the discussion.

Shuttle sessions involve each parent being in a separate virtual room, where they do not see or hear one another. Linda facilitates shuttle sessions by working between two separate virtual rooms.

Can sessions be done by shuttle, if I do not want to see the other parent?

Yes. Shuttle sessions can be helpful where communication is a struggle between co-parents, while keeping the focus on child-centred decisions.

In some cases, sessions may begin in shuttle and progress to joint sessions over time where appropriate, to support improved communication. Linda will assess and guide this on a case-by-case basis.

Linda facilitates shuttle sessions by working between two separate virtual rooms with each parent. Because of this structure, shuttle sessions can take longer and may affect the overall session cost

What to expect with sessions and participation

How often do I attend the Parenting Coordination sessions?

How long is each session?

Parents meet with Linda, usually once per month, by online Zoom. Each session goes for 60 minutes.

If the other parent cancels or does not attend sessions on a regular basis, what happens?

Linda can not continue with the Parenting Coordination if one parent does not attend sessions. You will need to seek legal advice to explore your options.

Can I have an individual session with Linda?

Yes. Either parent can have an individual session with Linda. Individual sessions are not confidential and the Parenting Coordinator circulates a joint email after the session to outline the topics discussed.

Do parents become more confident co-parenting without support?

Yes. Over time, many parents begin to feel more capable and steady in how they manage co-parenting. Where parents are willing to make changes and adapt to new ways of communicating for the benefit of their children, Linda's guidance helps build practical skills and confidence, allowing parents to rely less on ongoing support as Parenting Coordination progresses.

Support and Skill-Building

Will Parenting Coordination help us learn better communication and co-parenting skills?

Yes. Parenting Coordination provides guidance and support to help parents improve communication, reduce conflict, and develop practical co-parenting skills. Over time, many parents feel more confident managing discussions and making child-focused decisions outside of sessions.

How does Parenting Coordination help us move away from ongoing legal involvement?

Parenting Coordination helps parents deal with issues as they arise, instead of needing to go back to lawyers or court every time something comes up. With support and guidance, many parents gradually feel more confident handling co-parenting decisions on their own.

How long does the whole Parenting Coordination go on for?

Parenting Coordination typically runs for up to two years. Parents usually attend sessions on a monthly basis, with the option to move to an as-needed approach over time, as advised by Linda.



Confidentiality & Records

Is Parenting Coordination confidential?

No. Parenting Coordination is not a confidential process. A Parenting Coordinator can share information between the co-parents. Your file will be available to use in related Court proceedings, if ordered by the Court. Parenting Coordinator may also share information to authorities if there is reasonable suspicion that a children may be subject to harm or there are threats towards the other parent.

What records are kept from the Parenting Coordination sessions?

As a Parenting Coordinator, Linda provides a summary after each session, this includes topics discussed and outcomes.

Am I able to record the Parenting Coordination sessions?

No. During the any sessions, the Parenting Coordinator and the co-parents are not to record the session on any electronic device and not to share the content discussed with others who are not part of the process.

Can the Parenting Coordination speak with external parties?

Yes. If the Parenting Coordinator recognises that further information to better assist the children is required, they can approach external parties, such as medical practitioners, teachers, carers or lawyers.

The co-parents will need to sign off on the release of requested information to give the Parenting Coordinator consent to contact external parties.



Benefits of Parenting Coordination

For Children

- ✔ Boosts children's confidence with a stable, positive co-parenting environment.
- ✔ Having cooperative parents that are both involved in decision-making for them.
- ✔ Provides consistency and stability in the children's routine across the shared households.
- ✔ Removes loyalty pressure, so children never have to choose sides.
- ✔ Reduces children's stress by lowering parental conflict.

For Co-Parents

- ✔ Assists with improving communication and conflict resolving skills.
- ✔ Gain knowledge of understanding of impact of conflict on children's development.
- ✔ Avoids future litigation by resolving issues early.
- ✔ Fosters shared responsibilities between Co-Parents.
- ✔ Empowers parents to manage co-parenting on their own as the children grow.

Need more information?

If you are seeking support with Parenting Coordination and would like to discuss your next steps, please email Linda at **support@lindadenaro.com.au** for further information or to enquire about commencing the process.