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Pennsylvania Bar Association
Family Law Section

Tips and Tools for Better Co-parenting

Pennsylvania Bar Association
Family Law Section

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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.

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.

Why Should I Watch?

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.

How Do I Access and Share This Video?

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).