

Children First Family Law Offers Proven Communication Strategies to Help Divorced Parents Transition from Conflict to Cooperation

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Colorado divorce attorney and child advocate Krista Nash is helping parents across the state shift from high-conflict co-parenting to child-centered collaboration with practical tools that reduce stress, miscommunication, and courtroom involvement. In a newly released podcast episode and accompanying article titled *From Frustration to Collaboration: Communication Tips for Divorced Co-Parents*, Nash breaks down the real-world strategies that help divorced families communicate more effectively across separate households. As the founder of Children First Family Law, Nash continues to lead the conversation around post-divorce parenting in Colorado, offering both legal expertise and compassionate solutions for families in transition.

Co-parenting after divorce presents an ongoing challenge, even for parents who share common goals. While family courts across Colorado—from Denver and Boulder to Colorado Springs, Pueblo, and Greeley—prioritize the best interests of the child, Nash emphasizes that achieving stability and predictability requires more than just a signed parenting plan. Communication is the linchpin. In her latest podcast episode, Nash draws from extensive experience in Colorado courts to outline the most common post-divorce communication breakdowns and how parents can overcome them before they escalate into legal disputes.

According to Nash, the most frequent obstacles include residual emotional wounds from the marriage, mismatched communication styles, scheduling confusion, tone misinterpretation, and lack of trust. These issues can quickly derail even well-intentioned efforts to co-parent effectively. Something as simple as a pickup time or extracurricular update can reignite old conflicts, often resulting in high-stress exchanges that negatively impact the children involved. Nash points out that when parents fail to improve their communication, courts are often forced to intervene—and that shift in control rarely serves the family's long-term interests.

One of the most powerful tools discussed in *From Frustration to Collaboration: Communication Tips for*

Divorced Co-Parents is the BIFF method, developed by High Conflict Institute co-founder Bill Eddy. BIFF stands for Brief, Informative, Friendly, and Firm, and has proven highly effective in reducing emotionally charged communication. Nash explains how parents can reframe accusatory or combative messages into factual, polite, and concise interactions that model adult behavior and avoid unnecessary escalation. By incorporating BIFF responses into daily communication—whether through text, email, or co-parenting apps—parents create an environment where mutual respect can take root.

Technology also plays a central role in improving co-parenting outcomes. Parenting communication apps such as OurFamilyWizard, TalkingParents, and Civil Communicator offer read receipts, shared calendars, medical record uploads, and searchable message archives. Nash notes that many Colorado courts now recommend or require these tools because they provide a neutral platform that reduces misunderstandings and keeps a clear record of all interactions. These platforms are especially helpful when co-parents struggle to communicate directly or have a history of high-conflict exchanges.

The episode also explores how parents can set boundaries and reduce reactivity. Nash encourages a 24-hour response rule for non-urgent matters, allowing emotions to settle before replying to potentially inflammatory messages. She suggests that messages be drafted with the understanding that both a judge and a child could eventually read them—an approach that promotes maturity and accountability. When appropriate, co-parents can enlist the support of neutral third parties such as therapists, parenting coordinators, or even digital tools like ChatGPT to refine the tone of their communication.

Throughout the episode, Nash returns to one consistent message: children must be at the center of the conversation, not in the middle of parental conflict. She recalls a striking comment from a teen who said, “I feel like a ping pong ball between my parents.” Nash uses this as a reminder that even small gestures of respect—such as making eye contact at drop-offs or sitting together at a school play—have a measurable impact on a child’s sense of security. She urges parents to adopt a shared mindset of being on the same team, using the phrase “Team Lily” to emphasize that cooperation, not competition, should guide decisions.

In addition to communication strategies, the episode highlights resources available to parents across Colorado. These include state-mandated parenting classes, mediation, co-parent coaching, and family counseling services. Nash, who serves clients in Denver, Lakewood, Arvada, Boulder, Colorado Springs, Pueblo, and surrounding communities, will soon be launching a parent coaching program through Children First Family Law to further support families navigating high-conflict dynamics. She also recommends educational materials such as the Split documentary series and the Children First Family Law podcast for ongoing guidance and expert interviews.

With nearly two decades of experience in Colorado family law, Krista Nash has built a reputation for blending legal precision with an unwavering focus on the well-being of children. Her latest work underscores the reality

that co-parenting does not end when the divorce is finalized?it evolves with every school play, doctor?s appointment, and birthday celebration. When parents are given the right tools and support, they can move from frustration to collaboration and create a more stable, respectful post-divorce environment for their children.

To schedule a consultation with Krista Nash or learn more about communication support for divorced co-parents, visit Children First Family Law or call (720) 252-9638. Reporters seeking expert commentary on family law issues in Colorado are encouraged to reach out for interviews.

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Children First Family Law

Child First Family Law is a family law office with a child-centered approach that provides services as a Child?s Legal Representatives (CLR), Mediators, Parenting Coordinator/Decision-Makers (PC/DM), and Attorney Representing Parents.

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