

Snohomish County Bar Member Newsletter



The Bar Poll Approaches

To aid the Division 1 Appeals Court in their selection of our two candidates, SCBA will conduct a poll of our voting members. This online secure survey will ask you to evaluate each candidate in key areas.

To qualify for participation in this poll:

- Your 2025 Snohomish County Bar Association membership dues must be paid in full
- You must have Bar Association voting status
- You must practice or reside in Snohomish County

You will all be receiving the Bar Poll next week; the deadline is 9/22.

Please contact Director, Cynthia Dasté for dues at director@snobar.org.



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Bar Calendar

SCBA Board Meetings, 5:00 PM

September Board Meeting Date:
08/18

Annual Golf Tournament 2025 – A Day to Remember!

What an incredible day we had at our Annual Golf Tournament on August 22nd! The weather was perfect, the food was delicious, and we welcomed a record number of players to the course. The auction was a highlight of the event, with spirited bidding and lots of excitement. A huge thank you to our dynamic auctioneer Shannon O’Kelley and reader Angie McGuire for keeping the energy high and the bids rolling.

We’re deeply grateful to our Golf Committee for their dedication and countless hours of planning that made this event such a success:

Bill Sullivan

Jim Johanson

Nic Bacetich

Danielle Pratt

Cory Rein

A heartfelt thank you to our sponsors—your support made this day possible!





Rebecca Miner
Superintendent of
Edmonds School District

Robert Baumgartner
Assistant Superintendent of
Edmonds School District



Cogdill Nichols Rein Wartelle Andrews

Special thanks to Angie McGuire, Athletic Director of the Edmonds School District, and her team of volunteers. Angie also leads the Edmonds School District Athletic Alliance, our beneficiary for this year's tournament.

We also want to extend our sincere appreciation to Joe Korn, Golf Pro at the Nile Shrine Golf Course. Joe is an incredible partner and a key part of making this event run smoothly year after year. Thank you, Joe, for your continued support and expertise!

Last but not least I want to thank my partner in crime – Gregory Altringer for his continued support and willingness to always step up to the plate wherever needed.



Winning Teams

1st Place

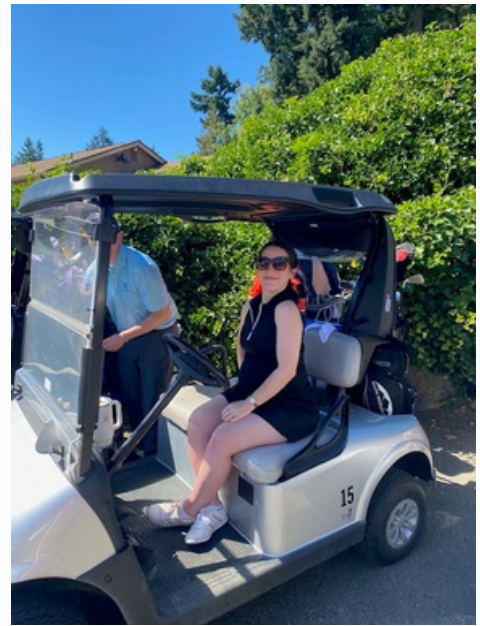
Jim Johanson
Peter Bennett
Leigh Bennett
Scott Bender

2nd Place

Bill Hochberg
Peter Bogdonoff
Cal Jackson
Joe Hendrickson

3rd Place

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Joshua Cardin
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Bar News is published monthly by Snohomish County Bar Association, P.O. Box 5429, Everett, WA 98206.

Ads, articles, announcements and changes of address all go to service@snobar.org. Submissions are due by the 15th of the month.



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“ As a fifty plus year member of WSBA, there was no question in my mind about joining the Justice Society and naming the Endowment for Equal Justice in my will. I want to make sure that people who need legal representation at critical times in their lives can access it, no matter how meager their resources. The Endowment is working to take some of the stress out of their lives with civil legal aid. The Endowment provides support in perpetuity for the Legal Foundation of Washington in making our communities more equitable places to live, work and raise a family. Please join me. ”



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The Power of Positive Co-Parenting

Beyond the Decree – Shaping Futures Through Co-Parenting

As family law practitioners in Snohomish County, you navigate the complex dissolution of relationships daily. Your dockets are filled with the intricacies of asset division, spousal support, and, most critically, the future well-being of children. While the final divorce decree or parenting plan marks a legal end to a marriage, it signifies the beginning of a new, often very challenging, chapter for parents: CO-PARENTING.

This article explores "The Power of Positive Co-Parenting"—an approach that transcends mere compliance with court orders to offer a pathway toward healthier outcomes for children, greater peace for parents, and a more stable future for the reshaped family unit. It is a power that, when harnessed, can turn the adversity of separation into an unexpected catalyst for growth and resilience.

Positive co-parenting involves two individuals, often alongside key family members, committing to raising their child(ren) through a collaborative approach. This approach is built on a foundation of mutual respect, effective communication, and healthy interactions—all supported by a commitment to self-care, self-training, and ongoing skills development. It demands that parents rise above their personal grievances for the sake of their children's emotional and psychological stability.

In the often-adversarial landscape of family law, fostering such an environment can seem like an uphill battle. Yet, the profound benefits of achieving it, and the devastating consequences of failing to do so, make it an imperative we must understand and facilitate. This article will delve into those consequences and benefits, explore co-parenting as a journey of personal growth, address the delicate balance of urgency and hope, and examine the crucial concept of maintaining healthy interactions even when the underlying parental relationship remains strained.

The way parents choose to navigate their roles after separation has a direct, measurable, and lasting impact. The contrast between the outcomes of positive versus negative co-parenting is stark, painting a clear picture of what is truly at stake.

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The Heavy Toll: Consequences of Bad Parenting and Co-Parenting

Legal professionals frequently witness the fallout from dysfunctional parenting and co-parenting dynamics. This isn't just about parental discord; it's about the creation of adverse childhood experiences (ACEs) that have lifelong implications.

For the Child: The most vulnerable party, always the children bear the heaviest burden.

- **Emotional & Psychological Scars:** Children exposed to high-conflict, inconsistent, or alienating co-parenting are at significantly higher risk for low self-esteem, anxiety, depression, and trust issues. They may struggle with emotional regulation, develop insecure attachment styles, and face an increased likelihood of mental health disorders.
- **Behavioral Problems:** Aggression, antisocial behavior, substance abuse, and impulsivity can manifest as children act out their distress or model dysfunctional parental behaviors.
- **Social & Academic Impairment:** Difficulty forming healthy peer relationships, impaired social skills, and academic underachievement are common as a child's energy is consumed by navigating parental conflict rather than focusing on their own development.
- **Long-term Physical Health:** Emerging research links ACEs to a higher risk of chronic diseases in adulthood, underscoring the deep biological impact of early stress.

For the Parents and Their Relationship: The conflict doesn't just harm children; it traps parents in a cycle of negativity.

- **Parental Distress:** Those perpetuating negative behaviors may suffer guilt, damaged relationships with their children, and social isolation. The co-parent attempting to buffer the child often experiences immense stress, burnout, and the constant burden of compensating for the other's shortcomings.
- **Endless Conflict:** Bad co-parenting, characterized by poor communication, undermining, and inflexibility, ensures continued tension, frequent returns to court, and a significant financial and emotional drain for both parties.

For the Family System: The family, though restructured, remains a system. Negative co-parenting poisons it.

- **Erosion of Trust & Communication:** Open dialogue becomes impossible, replaced by suspicion and hostility.
- **Instability & Triangulation:** Children are often caught in the middle, forced into loyalty binds or used as messengers, creating an unstable and emotionally damaging environment.

For the Community and Society: The ripple effects extend outward from the family unit.

- **Strain on Resources:** Our Snohomish County communities feel the impact through increased demand on social services, mental health facilities, schools, and even the juvenile justice system.



Congratulations to the 29 McKinley Irvin attorneys selected to 2025 *Super Lawyers & Rising Stars* in Washington and Oregon

COGDILL NICHOLS REIN WARTELLE ANDREWS is pleased to announce the addition of two associates to their firm:

**Linda E. Naish – effective June 28, 2024
Sophia R. Ficarrotta – effective May 5, 2025**

Linda E. Naish: Linda's practice will continue to focus on estate planning, probate and trust administration, and guardianships. Linda counsels individuals, families, and business owners throughout all chapters of their lives, from marriage, remarriage, a new child, death of a loved one, charitable giving, business succession, retirement, and leaving a legacy for their family and friends. She welcomes your referrals and is always happy to consult with attorneys and potential clients.

Sophia R. Ficarrotta: Sophia brings to the Firm her strong commitment to client advocacy. While her current practice includes complex legal issues from property disputes to guardianship and adoption, she also represents clients in education law, domestic violence, family law, employment law, and civil rights and discrimination claims.

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- **Intergenerational Patterns:** Dysfunctional patterns are often passed down through generations, continuing a cycle of harm that weakens the social fabric through reduced productivity and higher healthcare costs.

A Bright Horizon: Benefits of Successful Co-Parenting

Conversely, when parents establish a positive co-parenting dynamic, the benefits are equally profound, creating an environment where children can not just survive, but thrive.

For Children: A Foundation of Security and Well-being

- **Emotional Security & Resilience:** Children feel loved and secure knowing both parents are committed to their well-being. This consistency helps them build the resilience to navigate life's challenges.
- **Healthy Adjustment:** They adapt more easily to changes post-separation, experiencing fewer emotional and behavioral problems.
- **Positive Role Modeling:** Children learn invaluable life lessons about respect, communication, and problem-solving by observing their parents.
- **Stronger Parent-Child Relationships:** They maintain meaningful relationships with both parents, free from loyalty conflicts.
- **Improved Academic and Social Outcomes:** Stability at home allows children to focus on their education and develop healthy social skills.

For Parents: Reduced Stress and Increased Personal Peace

- **Lower Conflict & Stress:** Effective communication and a shared focus on the children minimize misunderstandings and disputes.
- **Shared Responsibility:** The burdens and joys of parenting are truly shared, preventing burnout.
- **Personal Growth:** The skills developed for positive co-parenting often translate into improved personal and professional relationships.
- **Focus on Parenting, Not Fighting:** Parents can enjoy their time with their children, focusing on nurturing their growth.

For the Family System: Stability and Adaptability

- **Clear Boundaries & Expectations:** A well-functioning co-parenting relationship establishes predictability and clarity.
- **Effective Problem-Solving:** The family unit, though separated, can address future challenges more effectively.

When parents must communicate with someone with whom they may have significant unresolved anger or hurt, they are pushed to develop:



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Mr. Pellegrini is an experienced family law attorney whose practice began in Seattle and has expanded to include continuous case actions in Snohomish, Whatcom, King County, Skagit and Island counties

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Bill is an attorney at Mill Creek Law; has over 40 years of experience as a trial lawyer; is a Fellow of the American Academy of Matrimonial Lawyers; has completed 40 hours of intensive training in mediation through the Academy; and has been successfully mediating Family Law, Civil, Commercial and Estate cases for over 25 years.



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Co-Parenting as a Catalyst for Growth and Resilience

Navigating a separation holds the potential for significant personal growth. The journey towards effective co-parenting can be a powerful catalyst for developing the very skills that enhance personal resilience and foster healthier family dynamics. This aligns with a core principle: better parenting and co-parenting is a path for personal growth.

- **Enhanced Communication Skills:** Learning to engage in child-focused, business-like communication and practicing active listening are vital skills for all areas of life.
- **Emotional Regulation:** The ability to manage one's own emotional reactions and to pause before responding is a hallmark of maturity and resilience. This is the shift from being reactive to responsive.
- **Empathy and Perspective-Taking:** Consistently focusing on the child's perspective builds parental empathy and can unlock solutions.
- **Conflict Resolution Skills:** Moving from a win-lose mentality towards finding mutually acceptable solutions builds crucial problem-solving abilities.
- **Boundary Setting:** Differentiating between the past spousal relationship and the current co-parenting partnership requires setting and maintaining healthy boundaries.

This growth isn't just individual; it models strength and adaptability for children. When they see their parents handle disagreements respectfully, they internalize a powerful model of resilience. This process often necessitates training or coaching, underscoring a key idea: training is essential to do a good job in parenting and co-parenting, moving from merely understanding concepts to achieving positive conditioning in one's responses.

The Urgency and The Hope: "It Is Never Too Late, But It Is Urgent"

This maxim perfectly captures the delicate balance in addressing co-parenting issues.

The Urgency: For children, developmental time is precious. Every month spent in a high-conflict environment is a period where their emotional foundation is being eroded. Childhood doesn't wait for parents to resolve their issues. Key developmental windows for forming secure attachments and building self-esteem can be compromised by ongoing strife. Impressing this urgency upon clients can be a powerful motivator for constructive action.

The Hope: Simultaneously, the message of "it is never too late" is crucial. Even entrenched negative patterns can be changed. Parents can learn new skills, adopt new perspectives, and make new choices at any stage. A single parent deciding to disengage from conflict and communicate more respectfully can unilaterally shift the dynamic. This offers hope to clients who feel defeated, reminding them that their agency to improve the situation for their children is not lost. The goal is progress, not perfection.

Navigating Reality: Healthy Interactions Despite Unhealthy History

A common challenge is the expectation of positive co-parenting when the romantic relationship ended acrimoniously, leaving residual bitterness, mistrust, or mental health issues. It's a misconception that one must have a "healthy relationship" with an ex-spouse to be a good co-



ROUND 2

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parent. The key lies in fostering healthy interactions despite an unhealthy history between the adults.

This distinction is vital. Success here hinges on:

- **Compartmentalization:** Deliberately separating parental responsibilities from past grievances.
- **Business-Like Communication:** Adopting a professional, respectful, and emotionally detached tone in all communications.
- **Focus on Shared Goals (The Children):** The one area where parents must find common ground is their shared love for their children.
- **Parallel Parenting:** In very high-conflict situations, this strategy minimizes direct contact between parents, providing children relief from direct exposure to conflict.
- **Respecting Boundaries:** Each parent needs to respect the other's time with the child, their parenting style (within agreed-upon limits), and their private life.

Lawyers can help clients understand that they don't need to be friends with their ex-partner, but they do need to function as collaborative co-contributors to their children's upbringing.

The Lawyer's Role in Fostering Positive Co-Parenting

As family law attorneys, you are uniquely positioned to influence the trajectory of co-parenting relationships. While your primary duty is to advocate for your client's legal rights, you can also serve as educators and guides:

- **Educate Clients:** Inform clients about the impact of co-parenting on children early in the process.
- **Promote Child-Focused Solutions:** Encourage the development of detailed, clear parenting plans that prioritize the children's needs and stability.
- **Advocate for ADR and Co-Parenting Support:** Strongly recommend mediation, counseling, or coaching programs (such as those offered by Collaborative Parenting with Tio Jorge LLC) to equip parents with the necessary skills.
- **Model Respectful Communication:** The tone set by legal counsel can influence client behavior.
- **Take the Long View:** Help clients understand that investing in a functional co-parenting relationship now can save them immense emotional and financial costs in the future.

Conclusion: Investing in a Legacy of Well-being

The power of positive co-parenting is not merely a hopeful ideal; it is a pragmatic, achievable reality that yields profound, lifelong benefits. It requires intention, skill-building, and a significant shift in perspective—from focusing on the failed adult relationship to prioritizing the enduring parental one. For us in the Snohomish County legal community, championing this power means contributing to



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A Resource for Your Clients

We invite you to refer your clients to the Successful Co-Parenting Program. As the approved provider for the required parenting seminar in Snohomish Superior Court since 2017, our program is a trusted and effective resource designed to meet court requirements and reduce parental conflict. Our program is also accepted in various other Washington counties.

We offer live, interactive classes via Zoom in both English and Spanish, providing the real-time engagement that helps parents build the skills they need.

Encouraging clients to attend not only helps their children—it can reduce your caseload by fostering cooperation instead of continued conflict. When your clients are more skillful, they are less conflicted, allowing you to focus on the legal matters at hand.

The Successful Co-Parenting Program

While you expertly manage the legal framework of a family's transition, we can help your clients build the practical skills needed to thrive in their new reality.

We ask that you refer your clients to the Successful Co-Parenting Program.

- We have been the approved provider for Snohomish Superior Court's mandatory parenting seminar since 2017 and are accepted in numerous other counties.
- Our program is designed to complement your legal guidance by equipping parents with tools for communication and conflict resolution.
- All our classes are conducted in real-time via interactive Zoom sessions, with dedicated dates for both English and Spanish with Tio Jorge.

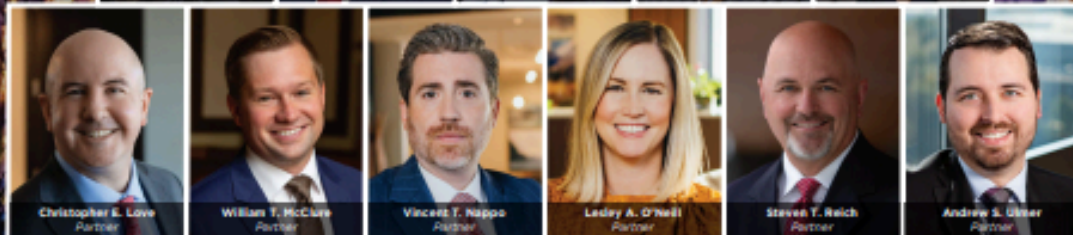
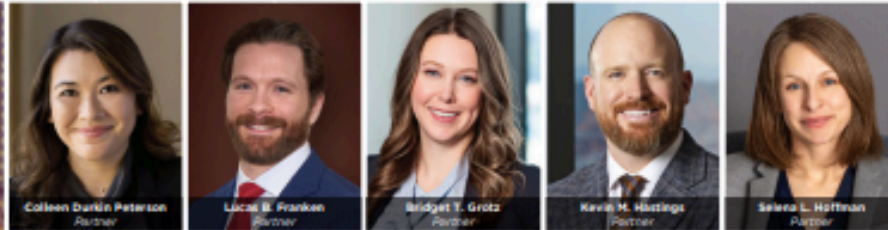
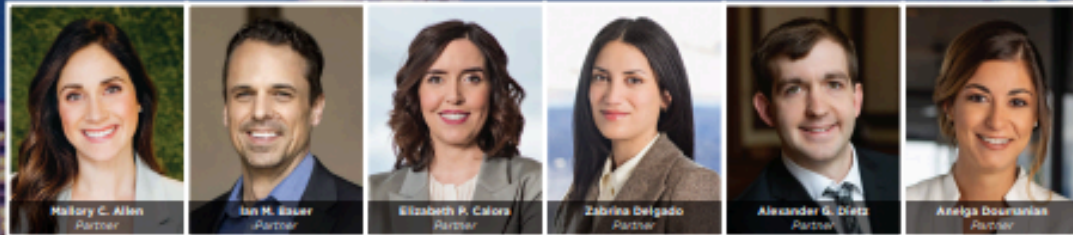
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We created a special section for Courts & Lawyers

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