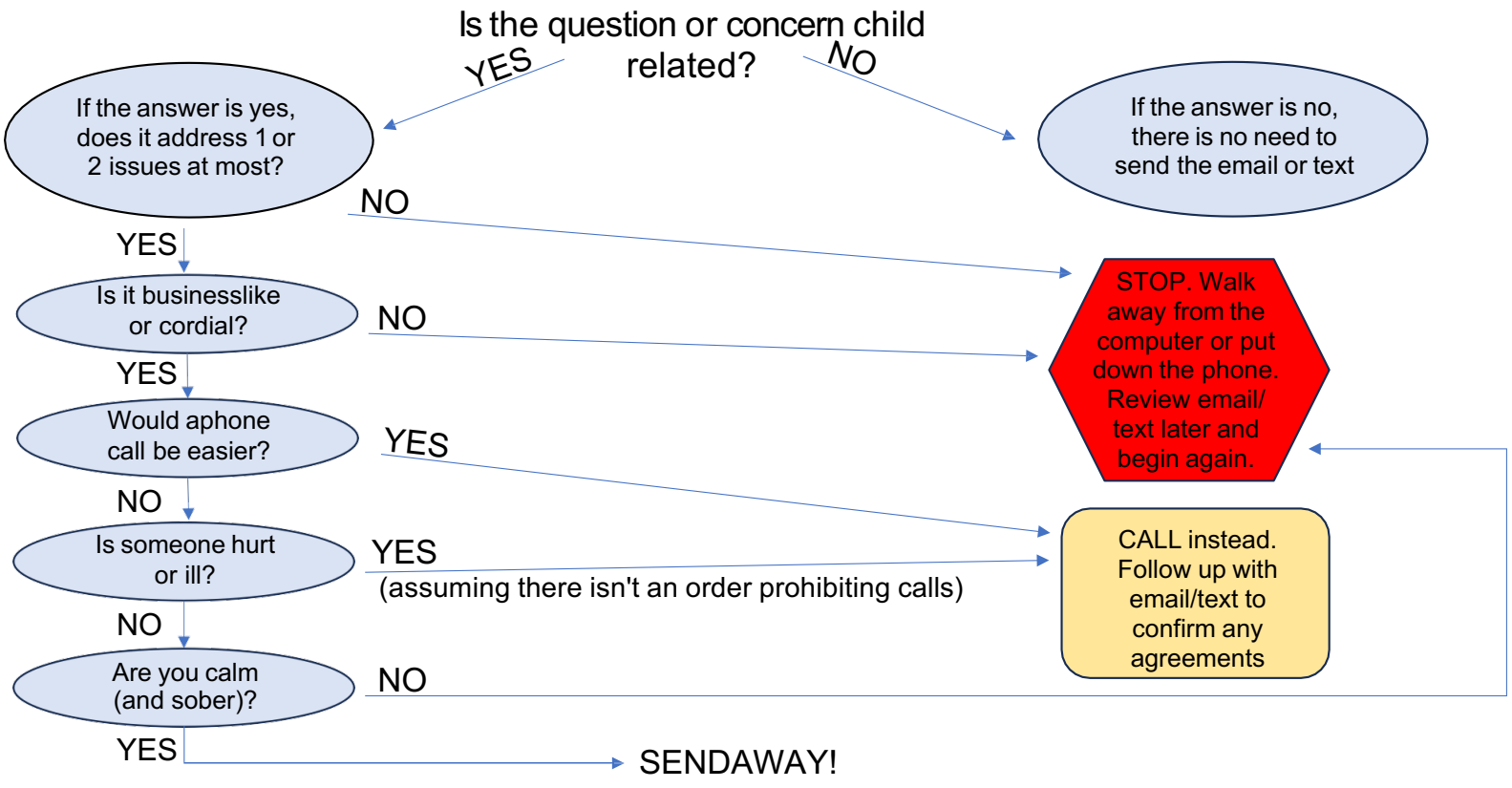Sending an Email or Text to your Co-parent?