

The Relationship Check-Up: Co-Parenting

Practically, this Relationship Checkup is a series of questions designed and sequenced to initiate and encourage ongoing dialogue between co-parents. It's a structured way to have a heart-to-heart talk about your strengths, weaknesses, and goals as parents.

First, take 10-15 minutes to respond to each question below ON YOUR OWN. Next, come TOGETHER and share your responses one at a time, in order.

1. Positive parenting qualities that I see in YOU are:
2. Positive parenting qualities that I see in MYSELF are:
3. Ways that parenting is sometimes difficult for ME:
4. Ways that I think parenting is sometimes difficult for YOU:
5. One way I could strengthen our CO-PARENTING relationship is:
6. One way YOU could strengthen our CO-PARENTING relationship is:
7. Something I would like us BOTH to work on or learn as CO-PARENTS in the next six months is: