

# Kids Come First®

## Separated Parent Support Workshops

### Parenting Checklist

Assess your current parenting behaviour as honestly & objectively as possible.

Enter a number between 1-10 in each box (1 being ***not at all***; 10 being ***exactly***).

I tell my children that our separation is not their fault

I tell my children that both their parents love them no matter what

I listen to my children and make time to hear their views.

I allow my children to express their emotions about the separation

I never ask my children to take sides.

I never criticise the other parent in front of my children.

I explain what is happening in an age-appropriate way.

I allow my children to love their other parent – even if I don't like them.

I avoid arguing with my former partner in front of children.

I express my negative emotions when children can't hear or see.

I never ask my children 'probing' questions about the other parent.

I never use my children as go-betweens or negotiators.

I am there to look after my children - not rely on their support.

I make clear arrangements in advance and stick to them.

I maintain high standards of behaviour even if my ex-partner doesn't.

I place my children (and their needs) before others i.e. new partners.

I avoid rushing my children to accept change, including new partners.

I avoid spoiling them and try to 'normalise' their lives

I share information about my children with the other parent.

I negotiate and agree basic house rules.