# Partners in Parenthood

## A workbook designed to support partners in developing a unified approach to parenthood

### Step I: Collaborate

#### Partner A:

##### Start by describing your goals and hopes for this program:

##### Take a look inside your parenting intuition. Who and what have influenced you?

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#### WHAT ARE YOUR STRENGTHS?

##### Write a list of gifts you bring to the parent-child relationship:

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##### Write a list of gifts your partner brings to the parent-child relationship:

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##### We are all a work in progress. You bring a tremendous number of positive elements to your relationships, but there are naturally some things you are challenged with as well. What are some ways you'd like to improve in parenting and in your relationship with your child.

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##### In your opinion, what type of impact does gatekeeping have you on your family?

##### When we are faced with stress + overwhelm we often tip towards anxiety or depression. How does your seesaw look right now--which way is it tipping? Is it tipped slightly or are you slamming down on your tendency?

#### When it comes to supporting your partner, which sense you strive to improve upon?

\_\_\_\_ Explaining exactly how you need help.

\_\_\_\_ Visually scanning to spot tasks that need done + emotional state of partner

\_\_\_\_ Tuning in and listening to partner's requests.

#### Partner B:

##### Start by describing your goals and hopes for this program:

##### Take a look inside your parenting intuition. Who and what have influenced you?

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#### WHAT ARE YOUR STRENGTHS?

##### Write a list of gifts you bring to the parent-child relationship:

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##### Write a list of gifts your partner brings to the parent-child relationship:

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##### We are all a work in progress. You bring a tremendous number of positive elements to your relationships, but there are naturally some things you are challenged with as well. What are some ways you'd like to improve in parenting and in your relationship with your child.

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\_\_\_\_ Tuning in and listening to partner's requests.

### To be completed together:

Let's explore your shared values. Imagine a coat of arms with six things that you deem important for your children and their futures. These can be goals/ambitions, spiritual, social, achievements, personal identity, etc.. Discuss your beliefs related to each value. *Are they the same? Are they different*? Finally, add a banner under the shield, work together to create a single sentence that describes your family values.

1.
2.
3.
4.
5.
6.

*Your one sentence:*