# Partners in Parenthood

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

## **Step II: Connect**

#### Partner A:

## Reflect on your favorite boss/leader over the course of your lifetime.

#### Who was this person and what did they do well?

#### How did you feel and perform while on their team?

## Name three parts of parenting that feel joyful to you:

#### 1.

#### 2.

#### 3.

## Brainstorm ways to spend the “**9 Magic Minutes**” with your kids. If you aren't home with them in person during these hours--can you connect with them in other ways?

#### 3 minutes in the morning:

1.
2.

#### 3 minutes in the afternoon:

1.
2.
3.

#### 3 minutes at night:

1.
2.
3.

### Check the Love Languages you feel you are already doing well.

#### \_\_\_Physical Touch

#### \_\_\_Quality Time

#### \_\_\_Acts of Service

#### \_\_\_Words of Affirmation

#### \_\_\_Gifts

### Check the Love Languages you want to practice more often.

#### \_\_\_Physical Touch

#### \_\_\_Quality Time

#### \_\_\_Acts of Service

#### \_\_\_Words of Affirmation

#### \_\_\_Gifts

## **Hear the Message**

### Communication with our kids can be a barrier because the words and tone they use can trigger us. Let’s talk about how you feel when your kids speak to you in a rude manner.

#### What reactions do you have in your body (i.e. do you feel your shoulders getting tight, teeth clenching, heart beating fast, etc.)

#### What thoughts do you have during these times?

## Let’s talk about falling far from the tree.

#### When a child has traits and identities that differ from their parents, sometimes it can create a barrier in the parent-child connection. Do you have a child that falls 'far from the tree'? Do you or one of your siblings fall 'far from the tree'? If so, share some reflections of that experience.

#### Partner B:

## Reflect on your favorite boss/leader over the course of your lifetime.

#### Who was this person and what did they do well?

#### How did you feel and perform while on their team?

## Name three parts of parenting that feel joyful to you:

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#### 2.

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