# Partners in Parenthood

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

## **Step III: Breathe**

#### Partner A:

# This week you have field work! I want you to tune into your children's behavior (and your own!). Then make some notes about what you see.

## **What problem behaviors did you see? Be specific!**

## **What annoying behaviors did you observe? Be specific!**

## **Catch some power struggles! Actively observe your interactions and '*see'* 2 to 3 power struggles. Then make brief notes of your experience.**

#### Partner B:

# This week you have field work! I want you to tune into your children's behavior (and your own!). Then make some notes about what you see.

## **What problem behaviors did you see? Be specific!**

## **What annoying behaviors did you observe? Be specific!**

## **Catch some power struggles! Actively observe your interactions and *'see’* 2 to 3 power struggles. Then make brief notes of your experience.**