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# Indicators of Healthy Co-Parenting

*ASSESSMENT TOOL FOR CO-PARENTS*  
*By Jay & Tammy Daughtry revised 6/26/21*

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This assessment tool will help give insight to co-parents and share outcomes that are true for the children.

Answer the statements below based on your current co-parenting experience.

\*Please be honest. This is a challenging process and one that always has room to grow.

**1 = Not at all / 2 = Rarely / 3 = Occasionally / 4 = Often / 5 = Always**

\_\_\_\_\_ I give my children the freedom to love both parents with my words and actions.

\_\_\_\_\_ I believe my child's well-being is directly affected by the quality of relationship I have with their other parent.

\_\_\_\_\_ The transition between our homes is smooth and positive. I make eye contact, speak respectfully and model mature behavior to our shared children.

\_\_\_\_\_ I discuss and deal with financial matters privately and in a rational way with my co-parent.

\_\_\_\_\_ I intentionally plan out the details of Thanksgiving, Christmas and other holidays to minimize the stress for my children.

\_\_\_\_\_ I make it possible for my children to love and maintain ties with both extended families.

\_\_\_\_\_ I enjoy being at my children's functions and I am there to enhance my children's happiness.

\_\_\_\_\_ I think the more functional my relationship is with the other parent, the less likely it is that our children will engage in high risk behaviors.

\_\_\_\_\_ I recognize the developmental stages of my children's life and let them enjoy their childhood.

\_\_\_\_\_ I don not say negative things about the other parent or their extended family to our shared children.

\_\_\_\_\_ I am positive and encourage our shared children to enjoy their phone calls with their other parent and I don't "hover" or make it stressful for the kids.

\_\_\_\_\_ I take care of responsibilities as an adult and do not put pressure on the children to do my job.

\_\_\_\_\_ I have coordinated with my co-parent and have a specific & non-judgemental answer to the question "Why aren'y you and my mom/dad still together?"

\_\_\_\_\_ I allow and encourage my children to take specific clothing, toys and electronic devices between their homes.

\_\_\_\_\_ I encourage my children to have photos of their other parent (and family) in their bedroom at my home.

\_\_\_\_\_ I tell my children it is okay to talk about how much they miss the other parent.

\_\_\_\_\_ I allow our shared children to talk about the enjoyable activities they experience at the other home.

\_\_\_\_\_ I discuss specific parenting strategies with my co-parent with the goal of raising healthy kids.

\_\_\_\_\_ I speak highly of the other parent to our children, with at least three specific compliments about their other parent to increase their self-esteem and identity because they know they come from us both.

\_\_\_\_\_ I prioritize my time with the children and am fully engaged and focus on them when we're together.

\_\_\_\_\_ I spend more time talking to my children than using screens.

\_\_\_\_\_ I communicate regularly with my co-parent at pre-designated meetings or telephone calls or Zoom meetup.

\_\_\_\_\_ I use a Co-Parent app to help simplify and maximize organized communication between homes.

\_\_\_\_\_ I do not get upset when our child seeks out the other parent, or step-parent, after a game or event. I don't take it personal.

\_\_\_\_\_ I do not allow or utilize the children to act as a messenger or "go-between" on anything.

\_\_\_\_\_ I have a healthy game plan for my alone time w/o the kids.

\_\_\_\_\_ I incorporate other friends and activities into our lives to enhance my self-care and happiness.

\_\_\_\_\_ When we are both present at the same event we do not use the opportunity to discuss family business.

I am mature & respectful at all shared events for our children. I am intentional w/ my body language, tone of voice, and facial expressions.

I am working with my co-parent (and stepparents) to raise healthy and well-adjusted children.

My co-parent and I work together pro-actively regarding screens and keeping our kids safe online. We support each other on this critical topic.

I can see a positive difference in my children as a result of our co-parenting efforts.

I know why co-parenting is so vitally important to the well-being of my children (and step children).

It makes sense to me that the well-being of my children/stepchildren is dependent on the relationship with the other parent(s) involved.

## **TOTAL POINTS**

### **Thriving Child (117 – 175 points)**

Understanding is maximized which is leading to intentional application of healthy communication and co-parenting strategies. The parental functioning is high and parental conflict is low. The children are becoming happier and well-adjusted every day. Their behavior and challenges are typical of other children of similar age, race and socioeconomic background. These children are thriving in their developmental stages emotionally and physically and the parents are doing the hard work of co-parenting without putting them in the middle.

### **Struggling Child (59 – 116 points)**

Understanding and application are minimal but co-parenting function is being enhanced by regular communication. Increasing the quality of communication will have a significant effect in reducing the children's anxiety. There is still a high level of "parentification" taking place as well as noticeable conflict in the ongoing co-parenting efforts. The children are hurting due to exposure to and involvement in adult matters that they are not developmentally prepared to deal with. Put simply, they need the adults to do the "parent stuff" so they can just be kids.

### **Distressed Child (0 – 58 points)**

Lack of communication, lack of understanding and lack of application is leading to high levels of stress in both households and high levels of anxiety in the children. Quite often these conditions lead to emotional distress and produce unwanted and unhealthy behaviors in the children. These "acting out" or withdrawal responses are not simple ploys for attention but cries for help from fearful anxious hearts who don't know how to process or express what they are going through. These kids are deeply hurting due to the lack of co-parenting.