

What we do well

Every parent brings certain strengths to the parenting role. Think about the parts of parenting that you do particularly well. Think about the strengths of the other parent. Sometimes you'll share strengths; sometimes a task is easier for one parent than for the other.

Put a check beside the strengths you identify for yourself; then do the same for the other parent. Feel free to add other strengths to those listed.

Things the other parent does well 
 Things I do well 

Is loving with our children		
Be open and available to them		
Show the children lots of physical affection		
Find what they do right and praise them often		
Keep the children on a schedule		
Be a good listener		
Accept them just the way they are		
Set clear rules and limits		
Enforce the rules and limits we set		
Be patient with our children		
Teach our children about nature		
Help them learn skills such as home repair, cooking, etc.		
Manage money well and teach it to our children		
Expose our children to the arts		
Encourage reading and show them how to read		
Feed our children wholesomely		
Look after their medical and other physical needs		
Make sure they do their homework		
Monitor the children's activities		
Teach them honesty, non-violence, and respect		
Give them household responsibilities and make sure they follow through		
Be a good role model		
Give them strong ties to other family and community		
Give them strong ties to culture, religion, or other family roots		
Help our children with their fears		
Teach our children joy		
Add your own:		



Write your responses to these questions. The two of you may have different answers to these questions, and that's okay; there is no "right" answer. Sharing your answers with each other will help both of you know more about your children's needs and temperament. This also keeps your focus on your children, which in turn better prepares you to work together on your parenting plan.

Nobody knows your children as well as you do

Now consider your children individually. Make a copy of this page for each child.

Name of child _____

1. What are the special things you think only you or a few people know about your child?

2. What does your child like to do?

3. How does your child deal with change?

4. How does your child deal with stress?

5. What things help comfort your child?

6. What does this child need from you or others to be at his or her best?

7. What kind of discipline or rules work for your child?

8. What are your concerns or worries about your child now and in the future?
