



What are Your Co-Parenting Strengths?

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

Read through the following statements. Check (✓) your strengths and then do the same for the other parent. Add other strengths as needed to the end.

Strength Statements	Me	Other Parent
I am loving with our children		
I am open and available to them		
I show our children lots of physical affection		
I find what they do right and praise them often for their efforts		
I keep our children on a schedule		
I am a good listener to my children		
I accept my children just the way they are		
I set clear rules and limits with my children		
I enforce the rules and limits that are set		
I am patient with our children		
I teach our children about nature		
I help teach skills such as home repair, cooking, etc.		
I manage money well and model and teach that to our children		
I expose our children to the arts		
I encourage reading and show them how to read		
I feed our children healthy foods		
I look after medical and other physical needs		
I make sure homework gets done		
I monitor our children's activities and technology use		
I teach honesty, non-violence, and respect		



Strength Statements	Me	Other Parent
I give our children household responsibilities and make sure they follow through		
I am a good role model		
I try to build strong ties between our children and other people in our family and the community		
I strengthen ties to culture, religion, or other family roots		
I help our children with their fears		
I teach our children joy		
<i>Add your own:</i>		
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CAN YOU USE YOUR FAMILY'S STRENGTHS?

Looking at the strengths you checked on the self-assessment, in what areas does the other parent have more strength than you?

How could the other parent's strengths help your children?

How could both your strengths help your family as a whole?

Sources:

McHale, J. P., Kuersten-Hogan, R., & Rao, N. (2004). Growing points for coparenting theory and research. *Journal of Adult Development, 11*, 221-234.

McHale, J., Baker, J., & Radunovich, H. L. (2013). *When people parent together: Let's talk about coparenting* (Report No. FCS2277). Gainesville, FL: University of Florida Extension Institute of Food and Agricultural Sciences.