

# Commit to Care

I \_\_\_\_\_, parent of \_\_\_\_\_  
*(Your Name)* *(Child/ren's Name)*

make a commitment to the long term mental health of my child/ren. I agree to take the lead to do whatever is necessary to reduce conflict and tension between myself and \_\_\_\_\_. I am sincerely  
*(Co-Parent's Name)*

committed to loving my child/ren. I realize that to be a good parent I must give up my negative and destructive behaviors. I realize these behaviors will only damage my child's well being.

Even if \_\_\_\_\_ does not make this commitment, I can  
*(Co-Parent's Name)*  
still be effective in making a difference in the patterns of our relationship. However, this will not mean that I will give in to unusual demands nor does it mean that I will fight to win. It does mean that I will avoid conflict in my child's presence and follow the divorce rules at all times. I will learn and practice new techniques for handling situations that create problems. Changing will not be easy. However, I will do this for

\_\_\_\_\_.  
*(Child/ren's Name)*

Because I love my child, I will take this action willingly.

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_