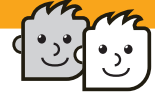


How child-centred am I?

Both parents matter



support when families part

It's useful to be aware of how child-centred your behaviour is. Print this sheet, date it and put a number between 1 to 10 into each box depending on how closely your parenting reflects each point. 1 for not at all and 10 for doing exactly as the point says. It can be filled in three different times, so do it again at a later date and see if you've improved.

	Dates:
I explain what is happening in an age appropriate way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I tell my children it is not their fault.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I tell my children both parents still love them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I listen to my children and allow them to express anger and sadness about the separation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I never criticise the other parent in front of my children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I allow my children to love their other parent – even if I don't like them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid arguing in front of children – I make arrangements (or express anger) when children can't hear or see.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid asking my children to take sides.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid probing my children about the other parent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make arrangements directly and do not use children as go-betweens or negotiators.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know that I am there to look after my children – if I need support, I use someone else, not my children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make clear arrangements well in advance and stick to them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I keep to high standards of behaviour even if my ex-partner doesn't.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I put my children before new partners.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid rushing children to accept change, including new partners.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid spoiling them or loading time with them with too much emotion – I keep it 'normal.'	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I negotiate broadly agreed house rules.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I share information on my children with the other parent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>