

Becoming a Parenting Team



How can you come together if you have different parenting styles?

Follow these 3 steps:



1: Shift Your Mindset

- Imagine you are on the same sports team, working together towards a goal.
- Must put personal issues and egos aside for the goal- your child's success.
- Parent like an athlete- how can I improve my performance?



2: Agree on a Goal

- Brainstorm a goal together: What does success look like for your child(ren)?
- Use the list of character traits to help choose your top 5, or if you can't agree, pick general traits like healthy, safe, happy, and growing.
- When you realize the goal is not being met, it's simply time to problem solve.



3: Problem Solve

- Identify what you both feel is the biggest issue right now.
- Discuss ways you are each contributing to the problem. There's no need for judgment! It works best if you can both be honest about your parenting.
- Effective family rules are not about control; they are healthy limits, structures, and routines that help reach the goal. But also, rules must be enforced to provide safety and consistency.
- Find 1 thing each of you could change this week that would get your child closer to the goal. **MUST** be on the same team!
- This may be a month-long process as you work through different solutions a week at a time until you start to see changes in your family.

HOMWORK!

1. Always use teamwork to approach the conversation: *"It feels like we have gotten off track with how we are managing the family, and I'd like to get back on the same team."* or *"So, I have this problem that I'd like to solve together."*
2. If there are a lot of problems, maybe share your issue and give your partner time to think of their own. Don't finalize any solutions- you want to do that together.
3. You each may have to let go of some control and be ok with messiness, mistakes, and imperfection if it's better for team success.

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List of Character Traits

accountable	easygoing	loving
adventurous	enthusiastic	motivated
ambitious	empathetic	optimistic
appreciative	empowered	organized
athletic	expressive	patient
authentic	focused	peaceful
balanced	friendly	persevering
brave	generous	playful
capable	good-natured	problem solver
caring	grateful	reliable
compassionate	happy	respectful
confident	hardworking	responsible
considerate	healthy	resourceful
cooperative	helpful	self-accepting
courageous	honest	self-aware
courteous	hopeful	self-disciplined
critical thinker	humble	thoughtful
creative	intelligent	trustworthy
curious	joyful	understanding
dedicated	kind	wise

_____'s Top 10

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____