

## Long Distance Co-parenting Worksheet

### 1. You and Your Partner's Parenting Strengths

Your Strengths	Your Partner's Strengths
<i>Encouraging</i>	<i>Involved</i>
<i>Consistent</i>	<i>Patient</i>

### 2. What Is Important to You?

- Being secure and confident
- Being a good friend
- Doing well at school
- Being happy
- Staying away from drugs
- Working hard and putting in effort
- Listening to and cooperating with adults

### 3. What Helps You Be a Great Parent?

1. What supports your being a great parent to your children?
  
2. What gets in the way of your being a great parent to your children?

3. How might the deployment affect your being a great parent?

#### 4. Improving the Relationship with Your Co-parenting Partner

1. Define a challenge you have in being a good co-parenting partner that you want to improve. What is it and when does it happen? What factors and conditions seem to promote the problem?
2. What are 3-5 possible things you can do as individuals, or as a team, to reduce this challenge?
3. Which one(s) will you commit to trying individually or as a team?
4. How will you evaluate whether this solution has been helping?

#### 5. Being a Team While Apart

1. What do you expect the biggest challenges or concerns will be for your co-parenting team during deployment?
2. What strategies can be used to overcome these challenges?
3. What can you do to maintain a positive co-parenting team while apart?