

Parent Worksheet

This is a reflection worksheet for you to prepare yourself for mediation. It is a private You can use separate sheets for each child

How would you describe your child?

What's his or her personality like?

What are his or her favorite activities?

What things does your child enjoy doing with you?

What things does your child enjoy doing with his or her other parent?

Have you noticed any changes in your child's behavior or expression of feelings? Yes No

What changes have you observed?

How does your child deal with being upset, angry or frustrated?

List what you do to help your child with these feelings.

How is your child doing in pre-school or school?

List two positive things you offer your child

1 -

2 -

List two positive things your child's other parent offers your child

1 -

2 -

What can the other parent do to have a better co-parenting relationship with you?

What can you do to have a better co-parenting relationship with the other parent?

Focus on who your child is and what helps him or her to be comfortable and happy.

Now, write down at least two different parenting plans for your child. The next couple of pages have blank calendars that you can use to mark out your plans.

1 -

2 -

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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