***Homework Assignment: Increasing your focus on your children’s needs:***

1. **We have the following goals and hopes for our children….**
2. **When our children become adults and look back on this period in their lives, we would like them to be able to say the following about us as parents….**
3. **We as parents can achieve this by doing the following:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***Suggested directions for using this assignment:***

The purpose of this worksheet is to help co-parents understand the long-term importance for their children of the co-parents building a civil relationship with workable communication. One of my themes is that “The *children’s* needs must be the focus of your co-parenting relationship.”

In the icebreaker at the beginning of class, I ask them to talk about the goals they each have for their children.  Following the icebreaker, or later in the class (wherever it fits best) I explain that this worksheet is to be completed as homework (since both parents might not be in the same class).

Another way to introduce this worksheet is to describe all the significant events their child will share with them: confirmations, graduations, weddings, grandchildren. Some co-parents spoil these big events for their children, by continuing to act out emotionally with each other. Other co-parents put their children’s needs first, so their children enjoy these big days. This worksheet is a first step toward making great memories for your children.

***Gail Peavey***

***Polk County Family Living Agent***