

Reducing Parental Conflict

Toolkit Resource: My Week, Your Week

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An activity which practitioners can print out and use with parents.

This 7 day diary is to help co-parents see each other's perspective and changing roles following the arrival of a new baby.

For example, the main carer of the baby may say that the morning of every day in the last week, she has been woken every hour to feed her baby during the night. She has felt exhausted and she feels she needs support. She is breastfeeding, so she accepts she needs to deal with feeding, but feels that her partner could do more to help her when he gets home. Her co-parent is going to work Monday to Friday (leaving the flat at 8am and returning at 6pm). He feels exhausted as he has to deal with rush hour travel and the pressures of trying to get a promotion (and more money), so they can move from their 1 bedroom flat. He feels he deserves a hot meal at least when he gets home.

By completing a diary for the week...

The main carer might see that:

- The baby is napping after her morning feed for two hours. Perhaps she can catch up on sleep at this time? This might help her feel less exhausted.

The co-parent might see that:

- Changing his working hours to an earlier start and finish will help avoid the stress of rush hour travel and leave him feeling less tired. It will also help him get ahead with getting that promotion and he will be home for baby's bath time which he loves.

Both parents can:

- Work out a way to use time more efficiently, so they feel happier and healthier
- See each other's perspective and value the other's position
- Hear how each feels and what each needs
- Rearrange roles if necessary
- Reduce conflict

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MY Week



My week	I felt...	I needed...
Mon a.m.		
p.m.		
Tue a.m.		
p.m.		
Wed a.m.		
p.m.		
Thu a.m.		
p.m.		
Fri a.m.		
p.m.		
Sat a.m.		
p.m.		
Sun a.m.		
p.m.		

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YOUR Week

Your week		I felt...	I needed...
Mon	a.m.		
	p.m.		
Tue	a.m.		
	p.m.		
Wed	a.m.		
	p.m.		
Thu	a.m.		
	p.m.		
Fri	a.m.		
	p.m.		
Sat	a.m.		
	p.m.		
Sun	a.m.		
	p.m.		