

Reducing Parental Conflict

Toolkit Resource: Questions for co-parents living together

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

Examples of questions to help co-parents who are living together work out their strengths:

- **What are the things you argue most about?**
- **What annoys you the most in their responses?**
- **What do your children see and hear?**
- **Do they get upset or caught up in arguments?**
- **How does the disagreement turn into a big argument?**
- **Is there anything you are able to agree on?**
- **When was the last time you were kind or civil to each other? What was different to now?**
- **What are your co-parent's positive parenting qualities?**
- **How do you show your child you love them?**
- **Do you ever resolve the issues in a positive way?**
- **What difference could you make to help?**
- **What would you like to happen?**
- **What would be the best outcome for your child?**
- **Going forward, what are some of your hopes about how you work together as parents?**
- **What would you like your children to see and experience as they grow?**
- **As adults looking back, how would you like your children to remember their childhood?**