



Homework Assignment Examples

Your only homework assignment in Parents' Turn is to take an honest personal inventory, except responsibility for your role in your difficulties with your child's other parent and make at least one positive change that will promote a better working relationship with your co-parent. This assignment is based on the belief that you can influence the dynamic between you and your co-parent in a positive direction if you change your thinking, talking and actions. These suggested changes are simply examples. You must choose your own change, one that fits your situation.

1. Change your tone of voice, a calm, friendly tone conveys a positive approach.
2. Smile at your co-parent and make eye contact when you talk to him or her.
3. Make pleasant small talk when exchanging the children.
4. Make requests rather than demands. Remember to say please.
5. Tell your co-parent you are sorry for something unkind or rude you have done in the past. Apologies are wonderful bridge builders.
6. Tell your co-parent that your goal is to be cooperative and respectful.
7. Do not say negative or critical things about your co-parent.
8. Apologize to your child if you have said unkind or rude things about their other parent and vow to never do it again. Follow through.
9. Volunteer information about your child as openly and completely as possible.
10. Ask your co-parents ideas and opinions about your child.
11. Invite your co-parent to an event for your child -- birthday party, recital, etc.
12. Be friendly toward your co-parent when you encounter one another.
13. Compliment your co-parent directly or to your child.
14. Be flexible and say yes when you were asked for a favor or a change in the child sharing arrangements.
15. Maintain your composure if the other parent is being rude, difficult or unpleasant.
16. If you make a request and the answer is negative, accept it graciously.
17. Express a willingness to be helpful to the other parent.
18. Tell your co-parent that you are grateful to him or her for something. Remember to say thank you.
19. Pray for your co-parent.
20. Change your attitude toward your co-parent. Think of him or her as your teammate rather than a competitor.