

# communication

## strengthening the relationship with the separated parent

This worksheet is a simple tool designed to assist you in developing your personal skills to better manage your current situation.

If you are having problems understanding the content of the worksheet or with the topic and would like further support, please call a MensLine Australia counsellor on 1300 78 99 78.

### Things to think about

The good news is that kids can cope with separation and conflict between parents so long as the conflict reduces significantly when the relationship is over. When parents work at sorting it out the kids understand that they are not to blame and don't get caught in the middle.

### Exercise

Reflect upon how you interact with the other parent. Do you do any of the following?

	Yes	No	Sometimes
Refer to the other parent as the children's mother, not as the ex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meet up about the job of parenting somewhere neutral, away from the kids if possible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meet with their mum when the kids are around	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep things businesslike and don't get stuck into personal issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Set a mutual agenda and stick to it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
End the meeting by saying something good about the kids	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Choose one of these above areas that you can work on

---

---

---

What might you do differently during the next visit?

---

---

---

What might you say differently next visit?

---

---

---

What do you appreciate about the other parent's parenting? *Example: She loves our kids, she teaches them things*

---

---

---

---

---

This worksheet is part of a series on anger management, communication and self care. You may find it useful to complete other worksheets in this series. For more information or assistance, call MensLine Australia on 1300 78 99 78.

1300 78 99 78  
[www.mensline.org.au](http://www.mensline.org.au)

Proudly supported by



Talk it over  
**Mens  
Line**  
AUSTRALIA

MensLine Australia is a professional telephone support, information and referral service for men, specialising in family and relationship concerns.