

Communication Toolkit

Strengthening the relationship with the separated parent



This worksheet is designed to assist you in developing your communication skills to better manage your relationships.

If you are having trouble understanding this worksheet or need 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.

Activity

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			
Meet up about the job of parenting somewhere neutral, away from the kids if possible			
Keep things businesslike and don't get stuck into personal issues			
Set a mutual agenda and stick to it			
End the meeting by saying something good about the kids			

If you answered no, choose one of those 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: They love our kids; they teach 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