



Shared Parenting Goals

Use this worksheet to brainstorm areas where you would like to see improvement in your co-parenting. Doing so may help you refocus your efforts on bettering your co-parenting relationship. When thinking of ideas, it may help to ask yourself: Is this a behavior I can control?

SCHEDULING – Are changes communicated clearly? Where do plans consistently stumble?

COMMUNICATION – Do conversations become confusing? What causes communication to break down?

EXPENSE PLANNING – Are reimbursements timely? Are purchase decisions made jointly?

DECISION MAKING – Do important documents get shared? Are decisions discussed well in advance?