

# Winning by Being a Friend to Their Relationship

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## Score Sheet or Parents

*Directions: As you go through this interactive article, rate from 010 points how closely you are living up to each statement.*

Statement	Points (010)
1. I never let my children hear anything but good things from me about their other parent.	
2. I've written 10 excellent compliments and good memories about our children's other parent, and I share at least one of these with them every week.	
3. I use the Child Safety Zone to remind myself that all times our children see us together or hear us speaking belong to them. Our children never see or hear conflict between their parents.	
4. Our children's time with their other parent is a priority with me. I make sure that they have ongoing contact together, and I make sure they can be with their other parent any time my family and I can't watch them.	
5. I do my best to make changes to schedules so special plans and needs of our children can work out, even if there's some inconvenience to me.	
6. I regularly tell our children how glad I am they have the chance to do things with their other parent.	
7. As sad as it is to get our children ready to leave, I use this as a time to let them know I value the relationship they have with their other parent. And I let them know that I'm okay when they're away from me.	
8. At least once a week, I encourage our children to call their other parent. And I do so in words that show I respect and value the relationship they have.	
9. I have at least two pictures of our children's other parent in their rooms.	
10. I let my coparent know as soon as possible about all important information in our children's lives—and we make joint decisions to meet our children's needs.	
Bonus: I let our children express their pain over missing their other parent, and I help them grieve their sadness.	
<b>TOTAL POINTS:</b>	

### YOUR SCORE

**90110:** *You're protecting your children by giving them the freedom and opportunity to love both their parents. Your children will someday look back with deep thanks to you for this gift.* **8190:** *You're doing an above average job of giving your children the freedom and opportunity to love both their parents. Where could you do even better?* **7180:** *You're doing about an average job of supporting your children's freedom and opportunity to love both their parents. What about keeping up with what you're doing, and thinking about what you could add?* **70 and below:** *There may definitely be room for improvement in how much your children think you*