



## **Instructions**

### **Parenting Roles and Other Shared Responsibilities in Relationships**

#### **Step-by-Step Instructions:**

1. Discuss the goal of this exercise. Review the Tips for Discussion section below to assist you with this dialogue.
2. Hand each participant a copy of the activity sheet, Parenting Roles and Other Shared Responsibilities In Relationships
3. When both participants have completed the activity, instruct them to exchange activity sheets and discuss their initial thoughts.
4. Instruct the couple to discuss the next steps they will be taking on closing the gap.
5. Request that the couple continue discussing roles and responsibilities outside of the visit.
6. Let couple know that you can assist with some ideas or provide appropriate referrals for additional work, if necessary.

#### **Tips for Discussion and Processing**

It is important that couples understand that parenting refers to the activity of raising a child and not necessarily to a biological relationship. There are countless opportunities, small and large, for parents to support the growth and success of their children. Though parenting roles should be stressed in this exercise, of equal importance are the many other responsibilities in a relationship with which couples must contend. This activity is designed to help couples begin communicating about those responsibilities. Helping couples explore the various responsibilities involved in parenting and creating a workable distribution of these responsibilities can assist couples with maintaining a healthy relationship. The case manager should respect each couple's cultural norms, as long as child and partner abuse is not practiced or evidenced.

**Title:** Instructions - Parenting Roles and Other Shared Responsibilities in Relationships

**Group Size:** 10 to 50+; must be even numbered group as they will work in pairs

**Time Needed:** 20 minutes (discussion times vary)

**Goal:** To provide couples with a format for working toward shared parenting roles and responsibilities.

**Audience:** Couples

**Special Considerations:**

#### **Resources Needed:**

- Activity sheet - Parenting Roles and Other Shared Responsibilities In Relationships
- Writing utensils

## Resources:

7 Tips for Equally Shared Parenting - How to solve the mom-dad divide.

<http://www.babble.com/mom/work-family/coparenting-shared-parenting-advice/>

Roles & Responsibilities of Parents

<http://www.stpaulneat.org/Parents.html>