

Living in Separate Households

Parent communication and support is a key factor to your child's success at school. Rate your progress using the following scale:

- 2 points** This is always true.
1 point This is sometimes true.
0 points This is never true.

Routine

- The households have similar transitions from/to school and homes.
 The households have similar evening routines.
 The households have similar morning routines.
 The child has the same bedtime at both households.

Adult Relations

- Disagreements between adults are private.
 The child does not hear adults speaking negatively about each other.
 Adults teach the child to respect both parents and grandparents.

Modeling

- Adults model appropriate language and behavior.
 Adults do not expose the child to TV/movies with adult content.
 Adults are careful to monitor the behavior of their friends around the child.

Behavior

- Both households have similar expectations and boundaries for the child's behavior.
 Both households have similar consequences for inappropriate behavior.
 Both households consistently teach appropriate behaviors and manners.

Quality Time

- The child consistently spends quality time with caregivers from both households.
 In both households, adults set some time aside to give the child undivided attention.
 There is a similar limit on screen time activities in both households.

Involvement

- Both households check the child's take home folder consistently.
 Both households attend school conferences (together).
 Both households attend school functions regularly.

TOTAL POINTS

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- 28-38 points** Your child is receiving consistent healthy messages. 😊
14-27 points Look for areas to target which will raise this number.
0-13 points Personal sacrifices on the part of the adults need to be made for the sake of the child.