

Co-parenting Preventive Maintenance Quiz

Rate yourself to see if you are staying connected to your partner. In the past month, how many times have you actually:

TIMES
PER MONTH

- _____ Made and protected time to be together as a couple?
- _____ Set up a time and place (when neither is tired) to discuss a difference in how you're parenting your child. It could be anything, such as feeling as if she's cuddling the baby too much, or he's roughhousing too much.
- _____ Examined your schedules, noted the stress points, and reached out for extra help from a family member, friend, or sitter? If you are the one who makes the call, you get extra credit.
- _____ Offered to take the baby for three or more hours so your spouse can have a respite from parenting to do something else—shopping, reading, watching a ballgame, exercising, or going out with friends?
- _____ In the past week, how often have you laughed together about something your child did *and* about something unrelated to your child?
- _____ TOTAL

What Your Tally Means

- 0–5 You're on thin ice. Make some changes soon or your relationship might really suffer. Don't rule out getting some professional help.
- 6–20 You're on track. Be cognizant of how important it is to focus on your spouse as well as your kids.
- 21–31 You're doing your child a big favor. Keep up the good work.

than for contributing to emotionally laden conversation. Women tend to experience men's "do first, talk later (if at all!)" attitude as emotionally distancing and regularly off-putting.

From the beginnings of relationships with other children, little girls share their secrets and heartfelt emotions as indications of their intimacy and best-friend status. Little boys' friendships depend more on palling around and doing the same kinds of stuff together. So, if men frequently withdraw from conflict or respond with critical or sarcastic remarks, their mates often experience this behavior as a threat to intimacy, leading to a breakdown in communication. Women, in contrast, are prone to pursue the conflict until it is understood and digested. In contrast to men's style