

Co-Parental Weekly Goals

1. Communication Issues (Tone, Critical Statements, Demanding, Frequency):

Request (phrase positively):

One way **you** can help achieve above request: (Please be non-defensive)

2. Parent-Child Relationship Concerns:

Request (phrase positively):

One way **you** can help achieve above request: (Please be non-defensive)

3. Mental Health/Health:

Request (phrase positively):

One way **you** can help achieve above request: (Please be non-defensive)

4. School-Related:

Request (phrase positively):

One way **you** can help achieve above request: (Please be non-defensive)

5. Extracurricular Activities:

Request (phrase positively):

One way **you** can help achieve above request: (Please be non-defensive)

6. Vacation/Holiday/School Break Scheduling:

Request (phrase positively):

One way **you** can help achieve above request: (Please be non-defensive)

7. Concerns Related to COVID-19:

Request (phrase positively):

One way **you** can help achieve above request: (Please be non-defensive)

8. Exchanges:

Request (phrase positively):

One way **you** can help achieve above request?

9. Wish for Flexibility of Drop Off/Pick-Up/Times:

Request (phrase positively):

One way **you** can help achieve above request: (Please be non-defensive)

