



CONFIDENTIAL AND PRIVILEGED

Parenting questionnaire

The main aim of this questionnaire is to help you clarify some core beliefs and values, influencing what you and the other parent may need from each other, at a practical, emotional and psychological level, in order to improve your shared parenting relationship.

It will help you both to prepare to come into mediation, on the basis that mediation requires an understanding of each person's beliefs, values, interests and needs, and will help you and the mediator focus on the practical and emotional challenges that lie ahead.

The answers to these questions are not shared with anyone else unless you agree.

Please complete and return your answers to the mediator by email before your first mediation session. Thank you very much.

Name.....

1. How would you describe yourself, as a parent? The is the self-identity, self-awareness question. The answer to these questions goes to the core of who you are and how you see yourself as a parent, reflecting your values and beliefs, so, please take some time over it.

2.Are you living up to the parent you are, or want to be? In other words, could you improve?

If you think that you could improve, describe in what way? In answering this question, you might want to focus on how you believe you are meeting the needs of the children and other parent.

3.What do you need, that you are not getting from the other parent, which would help you collaborate and communicate with them, more effectively, as parents? In this context, ‘need’ might relate to practical, emotional or psychological needs, which you feel are not being met by the other parent.

4.What kind of parent is the other parent? How would you describe them in terms of personality, their beliefs, their values, self- identity, attitudes and behaviour? Don’t forget the good bits, if you think there are any !

5.How do you think they might describe you in terms of personality, your beliefs, values, self- identity, attitudes and behaviour? This is about your external awareness and how you believe what you say and do might be impacting on the other parent and influence their views about you.

6.What do you think they would say they need from you which they are not getting, and which would help them communicate with you more effectively, as a parent? Again, this is about your external awareness