



Counsellor Jennifer James's remark that "the first half of our lives is spoiled by our parents, and the last half by our children" humorously describes the mixed blessing of parenthood felt by many. Couples often refer to parenting as the most rewarding and the most frustrating experience in their lives. And since research reveals an interdependent relationship between quality of parenting and quality of the couple relationship, assessing both areas is helpful for couples who are parenting children.

In a survey of 50,000 marriages, 82% of couples agreed with the statement "having children has reduced our marital satisfaction." And satisfaction with how the responsibility of parenting is shared was the most significant issue distinguishing happy couples from unhappy couples. Happily married couples were twice as likely (61%) to report being satisfied with how child rearing and parenting is shared than were unhappily married couples (30%).

What reviewers are saying about the PARENTING Version:

"I love that it takes a picture of where the family and couple are in the moment and provides topics for guided conversation and focus that will allow parents, who've identified they have challenges, to live into their better vision for themselves. I love the level of detail as it relates to each child with each parent, building upon how the parents communicate and handle conflict."

"It brings to light dimensions of parenting that couples aren't always aware of, especially when distressed. Also it is good that it addresses the complexities of stepfamilies. I especially like the 'Parenting Styles'- very useful."

Parenting Version Content

The PARENTING Version contains the following standard couple scales:

- Communication
- Conflict Resolution
- Partner Style and Habits
- Financial Management
- Relationship Dynamics (Assertiveness, Self-Confidence, Avoidance, Partner Dominance)
- SCOPE Personality Scales



The following standard couple scales were adapted for the Parenting Version:

- Stress-Parenting Stress Profile
- Co-Parenting or Step Parenting
- Family Spiritual Beliefs (optional scale-Facilitator chooses whether couple will receive this scale)
- Family Map-measures Parenting styles on dimensions of closeness & flexibility

The PARENTING Version contains the following unique scales:

- Five Parenting Styles –global (plotted on the Family Map on dimension of closeness & flexibility)
- Five Parenting Styles-by Child (On Family Map)
- Confidence in Parenting
- Child Behaviour Issues Checklist
- Family Communication
- Family Satisfaction
- Relationship Satisfaction by Child
- Communication Satisfaction by Child

When should the PARENTING Version be used?

The Parenting Version would be a good choice for any committed couple whose primary concerns are children and parenting issues.

Getting Started:

- To get started with the Parenting Version of PREPARE/ENRICH, you will need to become PREPARE/ENRICH Certified by attending a [Workshop](#).
- Once trained, [Contact Us](#) to activate the Parenting Version in your facilitator account.
- The cost to activate the Parenting Version is \$40

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