

Parental Alignment and Unity Assessment



Instructions: For each question, select the option that best describes your current parenting situation. Add up your total score and compare it to the outcomes scale at the end of the assessment.

How often do you and your co-parent discuss parenting decisions and child-related issues?

- A. Regularly, we make it a priority (4 points)
- B. Occasionally, when big decisions arise (3 points)
- C. Rarely, only in case of disagreements (2 points)
- D. Almost never, we operate independently (1 point)

When you and your co-parent face a parenting disagreement, how do you resolve it?

- A. We discuss it openly until we reach a compromise (4 points)
- B. One of us usually convinces the other (3 points)
- C. We agree to disagree and do things our own way (2 points)
- D. It often leads to arguments without resolution (1 point)

How consistent are the rules and expectations you set for your child across different settings (e.g., home, school, extracurricular activities)?

- A. Very consistent, we ensure we're on the same page (4 points)
- B. Mostly consistent, with some minor differences (3 points)
- C. Somewhat consistent, we have notable differences (2 points)
- D. Not consistent, we have different sets of rules (1 point)

To what extent do you feel supported by your co-parent in your parenting role?

- A. Fully supported, we back each other up (4 points)
- B. Mostly supported, but there's room for improvement (3 points)
- C. Somewhat supported, but often feel alone in decision-making (2 points)
- D. Not supported, we have separate parenting styles (1 point)

Scoring

Instructions: For each question, select the option that best describes your current parenting situation. Add up your total score and compare it to the outcomes scale at the end of the assessment.

16 Points: Very Strong Unity

You and your co-parent are highly aligned and work together seamlessly in your parenting decisions.

13-15 Points: Strong Unity

You have a strong level of alignment, with minor areas for improvement.

9-12 Points: Moderate Unity

There's a good foundation of unity, but some key areas need attention and work.

5-8 Points: Weak Unity

There are significant differences in your parenting approaches that need to be addressed.

4 Points: Not United At All

There is a lack of alignment in your parenting, and it's crucial to work on building unity for the well-being of your child.

This assessment is a starting point for reflection and discussion. Depending on your score, it might be helpful to seek resources or support to strengthen your co-parenting relationship and ensure a unified approach to raising your child.