

# For Parents

## PREPARE/ENRICH Parenting Version



The PREPARE/ENRICH Parenting Version guides couples through the challenges of parenting and the intersection of marital and parental dynamics, raising awareness and building relationship skills. The Parenting Version empowers parents providing them with insight into their parenting style, family dynamics, and couple relationship. The Parenting Version is best used with any committed couple whose primary concerns are children and parenting issues.

*"PREPARE/ENRICH Parenting puts you at the intersection of marital and parental dynamics and equips you to offer help, hope, and healing."- Ron L. Deal, LMFT, LPC, author of the bestselling book The Smart Stepfamily and coauthor with David Olson of The Remarriage Checkup*

- [Parenting Overview](#)
- [Parenting FAQs](#)
- [Parenting Sample Report Pages](#)

## Goals of the Parenting Version

- Explore** strengths and growth areas as partners and parents
- Strengthen** communication with your partner and children
- Identify** and manage parenting stress
- Discuss** parenting styles and how you work together as a team
- Resolve** couple and parenting issues
- Increase** parenting confidence and satisfaction

## Parenting Content

### Standard PREPARE/ENRICH couple scales adapted for the Parenting Version:

- Parenting Stress Profile
- Co-Parenting or Step Parenting
- Family Spiritual Beliefs (optional scale)
- Family Map

### Scales that are unique to the Parenting Version:

- Five Parenting Styles - Global
- Five Parenting Styles - by Child
- Confidence in Parenting
- Child Behavior Issues Checklist
- Family Communication
- Family Satisfaction
- Relationship Satisfaction by Child
- Communication Satisfaction by Child

In addition to the parenting report content, new workbook exercises were designed to help couples better understand themselves, their partner, and their parenting. Some of these exercises include creating a wish list for parenting, establishing a balanced parenting style, and designing a weekly family meeting.

*"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."*

## Getting Started

- To get started with the Parenting Version of PREPARE/ENRICH, you will need to become PREPARE/ENRICH Certified by attending a Training Day
- Once trained please advise us to activate the Parenting Version in your facilitator account. At PREPARE/ENRICH NZ, we are committed to providing quality resources for marriage preparation and relationship enrichment. Any questions, please contact us:

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