Families Arising
Resource Centre Edmonton

FREE MARRIAGE AND RELATIONSHIPS GUIDE

Parenting as a Team

Agree on your values, share the load fairly and handle disagreements well, so your children see a united team.

Children feel safest when their parents work together. That does not mean you will always agree. It means you have a plan for how you make decisions, share the work and handle disagreements, especially when life is busy or you are adjusting to a new country.

Why it matters

- Children feel secure when rules and expectations are consistent.
- Children are less likely to play one parent against the other.
- Sharing the load reduces stress and resentment between partners.
- Children learn teamwork and respect by watching you.

Step 1: Agree on your shared values

Each partner writes down the five values they most want to pass on to the children. Compare your lists and agree on your top three together.

Partner 1 top values	Partner 2 top values

Our three shared family values

Step 2: Share the load fairly

Many couples, especially after moving to a new country, find that roles shift. One partner may be working long hours or studying while the other carries more at home. Make the invisible work visible.

Task	Partner 1	Partner 2	Shared
School drop-off and pick-up			
Homework help			
Bedtime routine			
Meals and groceries			
Medical and school appointments			
Planning birthdays and activities			
Discipline and family rules			
Keeping in touch with extended family			

Step 3: Decide how you will make decisions

Everyday decisions

Whoever is with the children decides, and the other supports it.

Big decisions

School, activities, money and major rules are decided together, never on the spot.

Step 4: Handle disagreements well

1. **Present a united front.** If you disagree with a decision in the moment, support your partner in front of the children and discuss it privately later.
2. **Use "We will talk about it and let you know".** It buys time and shows you decide together.
3. **Understand where each of you is coming from.** Different upbringings and cultures shape how each of you sees discipline, respect and independence.
4. **Find the middle path.** Look for a solution that honours both of your values.
5. **Let children see you repair.** It is healthy for children to see respectful disagreement followed by making up.

Step 5: Hold a weekly family meeting

Ten to fifteen minutes each week to review the calendar, celebrate wins, talk about one challenge and plan something fun. Older children can take part too.

Need more support? Our Intentional Parenting Course welcomes both parents, and our Dad Youniversity and Mom Youniversity programs offer community for each of you. Visit familiesarising.ca/programs.

Your safety comes first. These guides are for couples in safe relationships. If you feel afraid of your partner, or are being hurt, controlled or threatened, please reach out. In Alberta, call the **Family Violence Info Line at 310-1818** (24/7, many languages). In an emergency, call **911**.

Families Arising is here to help

Families Arising Resource Centre Edmonton is a registered non-profit that supports Black, immigrant, newcomer and multicultural families with programs for mothers, fathers, children and teens.

- **Mom Youniversity:** mentoring, peer support and coaching for mothers and women
- **Intentional Parenting Course:** summer cohorts for parents
- **Junior Youniversity:** Royal Tots, Royal Readers and Teen Pulse for kids and teens
- **Free webinars, guides and events** for families

Visit familiesarising.ca · Email info@familiesarising.ca · Call 780-900-1450 · Instagram @familiesarising.edmonton

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