

When learning about relationships, we often are not instructed fully on what is healthy, what is normal, and what is unproductive. When people talk about Intimate Partner Violence (IPV), or domestic violence, we can easily point out the negative actions, but what about the positive actions?

Responsible parenting involves focusing on the needs of the child and providing a safe and nurturing environment. Responsible parenting means being a positive role model, and playing a positive and active role in a child's life. Good parents provide moral and spiritual guidance, set limits, and provide natural and logical consequences for a child's behavior. Most people parent their children the way they were parented, picking up bad practices; be aware of flaws and seek new skills.

Always remember that the other parent is an important person in your child's life. If you insult or hurt that person, you are hurting your child. Be respectful and be a good role-model for your child.

* The Equality Wheel was developed by the Domestic Abuse Intervention Project Duluth, MN

Facts on the basis of a healthy relationship:

Partners trust each other to not deliberately hurt one another and are intent upon loving themselves and each other.

They each work to support one another, rather than being intent on protecting, avoiding or controlling.

Healthy partners, instead of being threatened by the other's success or joy, are delighted by it.

It is the commitment to learn about love that leads to being able to take personal responsibility for your own feelings.

For more information or help call:

[Insert your local contact info]

Supported by grant 2015-TA-AX-K028 awarded by the USDOJ, Office on Violence Against Women. oopinions, findings, conclusions, and recommendations are MSH-TA's and do not necessarily represent the official position or policies of the USDOJ, Office on Violence Against Women.

RESPONSIBLE PARENTING



What does it look like to have cooperation in relationships?



Mending the Sacred Hoop
mshoop.org

Cindy and Donovan are young parents, in their twenties. They have a son, Jacob, together. Donovan was very excited about being a father and bragged about it all through the pregnancy. After the Jacob was born he knew he had to take on more responsibility in supporting the family and raising a child.

Having a child changes life dramatically. Responsible parenting includes making life-style changes in which free time and socializing are exchanged for work and family time.

Several months after Jacob was born Cindy started asking Donovan to do more so she had a chance to get out of the house for personal time and to socialize. They worked out a schedule to have time alone, with each other, and as a family.

While it's important to do things as a whole family, it's also important to find time to spend with friends, and time with your partner. Planning one-on-one time with your children helps create special bonds while giving your partner a break.

Tensions continued and after a few years Cindy moved out and filed for a divorce. Donovan was ordered to pay child support and spousal support. He wasn't happy about ending the relationship, but focused on building a solid co-parenting relationship with Cindy.

When you have a good co-parenting partnership your children feel that they are more important than the conflict that ended the relationship. They understand that your love for them will not change.

SHARED RESPONSIBILITY

Mutually agreeing on a fair distribution of work • making family decisions together.

RESPONSIBLE PARENTING

Sharing parental responsibilities • being a positive non-violent role model for the children.

After the separation Jacob would ask his dad what was going to happen and where he would live. Although Donovan had frustrations with the divorce and custody proceedings he wouldn't talk about adult issues with Jacob. He assured Jacob that everything would work out.

There are challenges with resentment or bitterness after a separation. It's important to remind yourself that they are your issues, not your child's, and to talk them through with your ex-partner or other helpful adults.

Cindy was remarried a few years after she and Donovan separated. Donovan took the time to meet and get to know the new man in his child's life, knowing that supporting the new relationship is supporting his child.

In healthy relationships ex-partners know that they will never be replaced as parents, while step-parents know their role is to complement the care and guidance of the child. Separations happen – we all hope that new partners are capable and loving and see that the children are actually lucky to have another caring adult in their lives.