
PARENTING ALIGNMENT

Parenting on the Same Page

How to present a united front, handle disagreements about the kids, and stop undermining each other.

Boundary Agreement Resource Library

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This guide is a coaching resource, not therapy or counseling.

The United Front

Kids are master negotiators. They will find the gap between you and exploit it. Not because they are bad kids. Because that is developmentally normal. Your job is to close the gap.

A united front does not mean you agree on everything. It means you present your decisions as a team and handle disagreements behind closed doors.

Never contradict each other in front of the kids.

If you disagree with a decision your partner just made, support it in the moment and discuss it privately later. Undermining your partner in front of the children teaches them that one parent can override the other.

Establish non-negotiable house rules together.

Screen time limits, bedtime, chores, respect. These are decided by both parents and enforced by both parents. Write them down. Post them.

Discuss discipline philosophy before it is needed.

How do you handle lying? Disrespect? Failing grades? If you have not agreed on the approach beforehand, you will disagree in the heat of the moment.

Good cop / bad cop is not a parenting strategy.

If one parent is always the enforcer and the other is always the rescuer, you are building resentment between yourselves and confusion in your children.

Check in weekly about the kids.

Five minutes: How is each child doing? Any concerns? Any wins? Any upcoming decisions we need to make together?

EXERCISE: The Parenting Alignment Check

Each parent answers independently, then compare. Where you differ, discuss.

What is the most important value we should teach our kids?

What is one thing my parents did well that I want to repeat?

What is one thing my parents did that I want to avoid?

Our biggest disagreement about parenting right now is:

One parenting decision we need to make together this month:

EXERCISE: The Discipline Framework

Agree on consequences before they are needed. Fill this in together.

Lying: First time: ____ / Repeated: ____

Disrespect to a parent: Consequence: ____

Screen time violation: Consequence: ____

Chore avoidance: Consequence: ____

Who enforces? Both / Primary: ____

PRO TIP: If you grew up in very different households, your parenting instincts will conflict. That is normal. Talk about WHY you parent the way you do, not just WHAT you think should happen.
