

FAQs

When should the Parenting Version be administered?

The Parenting Version is a good choice for any committed couple whose primary concerns are children and parenting issues.

Is it appropriate for couples in blended (step) families?

Yes, it is customized by the couple based on background questions they answer regarding children.

Can it be used with single parents?

No, like all PREPARE/ENRICH assessments, the Parenting Version is a relationship assessment based on the couple being in a committed relationship with one another.

How many children/teens can be considered as part of the assessment?

Each parent has the opportunity to evaluate their style of parenting with one to four children.

Do the children/teens also complete the assessment?

No, it is only completed by the parents.

Would it be appropriate for parents of a new-born?

It is suitable for parents of children aged over 18 months as the parenting scales address issues of rules, discipline, and parent-child communication.

Can it be used in a group setting?

Yes, it can be used in a group setting.

IS IT FOR ME?

Users of Prepare/Enrich assessments include:

- Church leaders and marriage support workers
- Members of marriage preparation teams
- Social and Health workers
- Couple and Family Counsellors, Therapists and Mediators
- Organisations that support parents

FIND OUT MORE

For more information about Prepare/Enrich, see:

UK site: www.prepare-enrich.co.uk

US site: www.prepare-enrich.com

or contact the UK office.

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Do you work with couples who have children?

Introducing the new:

PREPARE  ENRICH®

PARENTING

An evidence based relational assessment that quickly but thoroughly portrays the family dynamics, parenting styles and couple relationship.

It includes exercises that raise awareness and build relationship skills.



ABOUT PREPARE/ENRICH

PREPARE/ENRICH is an online **customised couple assessment** which identifies a couple's strength and growth areas. It is one of the most widely used programmes across the world for pre-marriage education and enrichment. There are also customized versions used for marriage counselling, dating couples, those co-habiting or considering fostering/adoption and now parenting. Based on a couple's assessment report, tailored feedback sessions with a facilitator help the couple discuss and understand their relationship as they are taught proven couple skills.

The **Couple Inventory** assesses 22 areas including: communication, conflict resolution, finance, affection and sexuality, family and friends, spiritual beliefs, self confidence, assertiveness, personality.

The **Parenting Inventory** also looks at parenting styles, confidence in parenting, child behaviour issues, family satisfaction, family communication, and more. Individual and couple responses in these areas are summarised in reports for the facilitator.

PREPARE/ENRICH PARENTING

The Parenting Version of PREPARE/ENRICH is designed to guide couples through the challenges and emotions of parenting through insight into their parenting style, family dynamics and couple relationship. The Parenting Version is most suitable for a committed couple whose primary concerns are children and parenting issues.

While the Parenting Version does assess relational constructs (conflict resolution, communication, affection and sexuality, partner styles and habits, finances, and relationship dynamics), the main focus is on parenting issues.

"It brings to light dimensions of parenting that couples aren't always aware of, especially when distressed. Also, it addresses the complexities of stepfamilies. I specially like the 'Parenting Styles'- very useful."

GOALS OF THE PARENTING VERSION

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

