

## PARENTING CONTRACT

I, \_\_\_\_\_ do hereby promise to meet the following expectations and requests to my parental responsibilities:

- 1. I promise to love my child with respect and compassion. I will not belittle, degrade, or humiliate my child regardless of his or her actions. I will treat my child the way I would like to be treated when I am in his or her age.
- 2. I promise to spend a reasonable amount of quality time with my child and my partner give him or her positive attention when appropriate.
- 3. I promise to use a joint calendar for my child to bring his/her into school through his or her birthday. Arrangements need to be made with teachers and all parties in a timely, reasonable manner. I will be responsible for his or her clothing, school, activities and transportation when my child is out.
- 4. I promise my partner to make my child safe to go to school. I will be responsible for making sure that my child is safe at all times and that I am being respectful.
- 5. I will use healthy discipline and setting boundaries for my child. Sometimes I will have to say no to my child to keep him or her safe and to protect him or her from harm.
- 6. I promise to avoid speaking to my child using belittling or hostile language as well as to avoid the use of physical force or punishment in the future.
- 7. I will encourage my child to practice healthy habits and will model respect in my child's presence.
- 8. Most of all, I promise to love my child with love physical and emotional love. I will provide a safe secure, and nurturing environment for my child and his partner. I will do my best to encourage my child to practice healthy habits, emotional care, and learning. I will make sure my child is safe and that he or she is always in a secure and safe environment.

If I am able to meet the conditions stated in this contract then I will not proceed with any parenting arrangements. If the conditions stated in this contract are not met then I will proceed with any parenting arrangements. I will be responsible for my child's safety and well-being. I will be responsible for my child's safety and well-being. I will be responsible for my child's safety and well-being.

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I promise

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