



DIRECTIONS FOR ADDING A COUPLE

◆ Login to the PREPARE/ENRICH website

1. Go to **www.prepare-enrich.com** and click on "Facilitator Login" on the top menu
Here you can enter your ID number and password*
**Never give your ID number and password to your couples*
 - If you have forgotten your password there is a link provided
 - If you still have trouble logging on, contact our office Monday through Friday, 8:00 am to 4:30 pm Central Time at 800.331.1661 or click the "Contact Us" link at the bottom of the page to send us an email
2. After you have logged in, click on the "Manage Couples" button to access your Manage Couples page and here you can view or add a couple

◆ Add a Couple - from Manage Couples page

1. Hover over the "**Add a Couple**" button and select the best suitable assessment option for your couple
2. Enter **first names, emails, and language** for your couple, click next page.
3. Select a Payment Option:
 - Have the couple pay for themselves as they take the assessment online
 - Purchase and/or use a scoring credit from your account
4. Select the Standard Non Faith-Based version* or a Faith-Based version.
**This non-faith-specific option will ask questions regarding spirituality as a whole and will not ask detailed questions about a specific religion*
5. Review the couple's information and click "**Send Login Code to Couple.**" The system will automatically send the login information to the email addresses you entered when adding the couple

◆ Directions for your Couples

1. Click the link provided in the email and login using the code provided
2. Review and accept Terms and Conditions
3. Provide payment if the Facilitator has not already paid
4. When prompted, answer several background questions to customize the assessment
5. Review the directions and complete the assessment

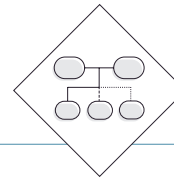
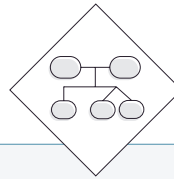
◆ Printing Reports and Feedback Materials

- It will typically take a person between 35-45 minutes to complete their assessment. When both partners are finished, you will receive an email that their report is ready. You can also login to the website to check on their progress.
- Once the couple is finished, you can login and click **View or Print Reports** next to your completed couples to access their report.
**Please note that your couples will not be sent a report. The Couple Report is provided in your account to give to your couples at your discretion.*
- From this page, you can also view and print the entire Workbook for Couples, or selected pages.



PREPARE/ENRICH ASSESSMENT VERSIONS

“Which version do I pick?”



Couple CheckupSM

(DIY version)
couplecheckup.com

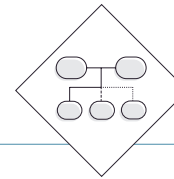
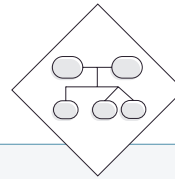
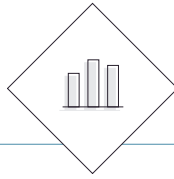
	 P/E STANDARD	 P/E CHECKUP	 PARENTING	 PRE-ADOPTION/ PRE-FOSTER CARE	COUPLE CHECKUP
RELATIONSHIP STATUS					
Dating Couples	◆	◆			◆
Engaged Couples	◆	◆			◆
Married/Committed Couples	◆	◆	◆	◆	◆
CORRECTION SCALE					
Idealistic Distortion	◆			◆	
TOPICS					
Background Info	◆		◆	◆	
Character Traits (dating only)	◆				
Commitment	◆			◆	
Communication	◆	◆	◆	◆	◆
Conflict Resolution / Couple Conflict	◆	◆	◆	◆	◆
Family and Friends	◆	◆		◆	◆
Family Communication			◆		
Family Satisfaction			◆		
Financial Management	◆	◆	◆	◆	◆
Forgiveness (married only)	◆			◆	
Health and Wellness	◆				
History of Abuse	◆		◆	◆	
Leisure Activities	◆	◆		◆	◆
Partner Style and Habits	◆		◆	◆	
Relationship Dynamics	◆		◆	◆	
Relationship Roles/Responsibilities	◆	◆	◆	◆	◆
Relationship/Marriage Expectations	◆				◆
Sexual Expectations/Relationship	◆	◆		◆	◆
Spiritual Beliefs	◆	◆	◆	◆	◆
Stress (premarital, personal, or military)	◆			◆	
PERSONALITY PROFILE					
SCOPE Personality Profile	◆	◆	◆	◆	◆
FAMILY SYSTEMS MAPS					
Couple & Family Maps	◆	◆		◆	◆
Parenting Styles Maps			◆		
REPORTS					
Facilitator Report	◆		◆	◆	
Couple Report	◆	◆	◆	◆	◆
Group Edition Report	◆		◆		
Group Summary Report					◆
DELIVERY METHODS					
Couple with Facilitator	◆	◆	◆	◆	
Groups of couples	◆		◆		
Church-wide					◆
Couple with marriage mentor	◆	◆			
Couple on their own					◆

[more options on other side]



PREPARE/ENRICH ASSESSMENT VERSIONS

“Which customization do I need?”



Couple Checkup[®]

(DIY version)
couplecheckup.com

	P/E STANDARD	P/E CHECKUP	PARENTING	PRE-ADOPTION/ PRE-FOSTER CARE	COUPLE CHECKUP
FAITH CUSTOMIZATIONS					
Protestant/Non-Denominational	◆	◆		◆	◆
Catholic	◆	◆		◆	◆
Non-faith Specific	◆	◆		◆	◆
Interchurch/Interfaith	◆			◆	
Orthodox Christian	◆			◆	
Jewish	◆			◆	
Family Spiritual Beliefs			◆ (optional)	◆	
PARENTING CUSTOMIZATIONS					
Parenting Expectations	◆	◆			◆
Becoming Parents	◆	◆			◆
Children and Parenting	◆	◆			◆
Intergenerational Issues	◆	◆			◆
Step-Parenting (Expectations)	◆	◆			◆
Parenting Stress			◆		
Child Behavioral Issues			◆		
Step-Parenting			◆		
Confidence in Parenting			◆		
Five Parenting Styles			◆		
Relationship Satisfaction by Child			◆		
Adoption/Foster Expectations				◆	
Adoption/Foster Considerations				◆	
Adoption/Foster Parenting				◆	
ADDITIONAL CUSTOMIZATIONS					
Over 55 (Role Transitions/Health Issues)	◆				◆
Military	◆	◆			◆
Cohabitation	◆	◆			◆
Previous Marriage	◆				
Cultural/Ethnic Issues	◆				
LANGUAGE OPTIONS					
English	◆	◆	◆	◆	◆
Spanish	◆		◆	◆	◆
Korean	◆		◆	◆	◆
Japanese	◆		◆	◆	◆
French	◆				◆
German (Deutsch)	◆				◆
Traditional Chinese	◆				◆
Simplified Chinese	◆				◆
Romanian	◆				
Taiwanese	◆				
Italian	◆				
Portuguese	◆				
Russian					◆
Turkish					◆
Hungarian					◆

PREPARE ENRICH

• *building strong marriages* •

What are the differences between the **Standard Version** and **Parenting Version** of PREPARE/ENRICH?

Features	Standard P/E	Parenting Version
Can be used with	Dating, engaged, or married couples, with or without children	Any committed couple with children whose main issues revolve around parenting
Appropriate for use with blended families	✓	✓
Can be used with Group Program	✓	✓
Core Scales	✓ (10)	✓ (5)
Parenting Scales	✓ (up to 2)	✓ (6-7)
Couple & Family Maps (closeness & flexibility)	✓	
Parenting Styles Map		✓
Customized Spiritual Beliefs Scale	✓	
Relationship Dynamics & SCOPE Personality Scale	✓	✓
Stress Scales	Personal or Premarital Stress	Parenting Stress
Cohabitation, Cultural/Ethnic, Commitment, Previous Marriage, Over 55 Scales	✓	
Family Communication, Satisfaction, & Spiritual Belief Scales		✓
Couple's Workbook (Standard & Biblical)	✓	✓

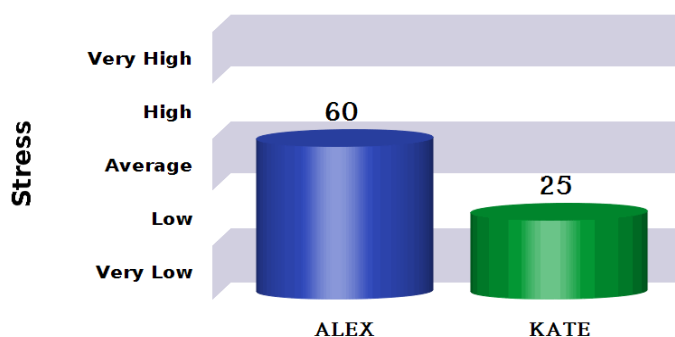
PREPARE/ENRICH, LLC • 2660 Arthur Street • Roseville, MN 55113

toll free: 800.331.1661 • local: 651.635.0511

www.prepare-enrich.com

Parenting Stress Profile

The **Parenting Stress Profile** examines each individual's personal stress level over the last year. Stress levels are based on responses to 25 common sources of personal stress.



ALEX appears to have a moderate level of frustration or personal stress. These frustrations and stressors may at times affect attitudes, health, and relationships. It will be helpful to identify effective coping resources so stress does not become overwhelming.

KATE appears to have a low level of frustration or personal stress. While stress may create some demands on time, patience, and energy, it appears to be at a manageable level. It may still be helpful to identify and understand effective coping resources for stress.

How often have these issues created stress for you?

Never
1

Seldom
2

Sometimes
3

Often
4

Very Often
5

ALEX

Top 10 Stressors

Very Often

Child(ren) spending too much time with phone, television, or computer

Often

Child(ren) failing to do schoolwork
Child(ren) not completing chores
Child(ren) not listening to parent
Discipline of children

Sometimes

Arguments between parent(s) and child(ren)
Child(ren) fail to act their age
Concerns about alcohol and/or drug use
Emotional problems with family members
Feeling exhausted and overly stressed

KATE

Top 10 Stressors

Often

Child(ren) spending too much time with phone, television, or computer
Parent(s) having different styles of discipline

Sometimes

Arguments between parent(s) and child(ren)
Child(ren) fail to act their age
Child(ren) failing to do schoolwork
Child(ren) not completing chores
Child(ren) not listening to parent
Lack of time to relax and unwind
Problems about who does what chores
Sibling relationships

Couple Discussion:

Help this couple compare their lists of top stressors. It is not uncommon for their lists to be somewhat different. Take a moment to help them discuss where things are similar and where they are different. Key resources for coping with stress include healthy communication, conflict resolution, flexibility, and closeness.

PREPARE/ENRICH Exercises:

Identifying Most Critical Issues, Balancing your Priorities

Child Behavioral Issues (CBI)

Checked items represent behavioral concerns the parent had with the child in the last six months.

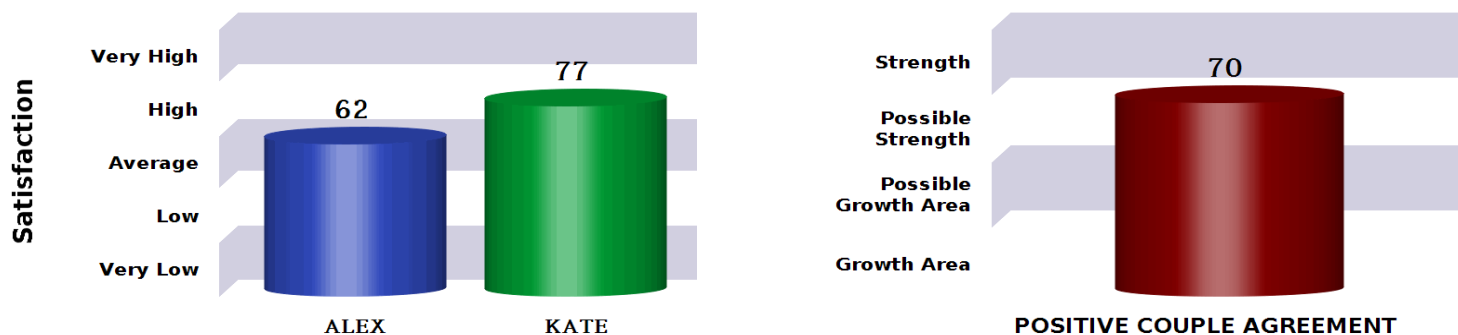
General Behavioral Concerns	ANDREW		MEGAN		MICHAEL	
	ALEX	KATE	ALEX	KATE	ALEX	KATE
Child lives with you	Yes	Yes	Yes	Yes	Yes	Sometimes
Acts immature	X		X		X	X
Anxious / Fearful	X	X				
Argumentative / Angry			X	X	X	X
Attention seeking						X
Bullying or teasing others						
Clingy / Dependent						
Eating problems						
Few or no friends	X				X	
Fighting or hurting others						X
Impatient / Demanding						
Impulsive / Reactive						
Isolated / Detached						
Moody / Depressed			X	X		
Not paying attention / not listening	X		X		X	X
Odd or unusual behavior						
Overly sensitive	X	X				
Overly shy or passive	X	X				
Rebellious or Disobedient			X	X	X	X
Restless / Hyperactive						X
Sleep problems						
Too much screen time (T.V., Video Games, Computer . . .)	X	X	X		X	
Won't cooperate			X	X	X	X
Other concerns (not listed)						

School Age Concerns (Ages 6 - 18)

Dishonest						
Hanging out with the wrong crowd						
Insecure, low self-esteem						
Poor grades / Academic problems					X	X
Too much time texting or using social media			X	X		
Using drugs or alcohol						

Confidence in Parenting

The **Confidence in Parenting** category measures how sure one feels about their abilities as a parent. This category explores how a parent feels about setting limits, understanding their children, and their general effectiveness as a parent.



ALEX appears to have a moderate amount of confidence as a parent, but may have some areas of doubt or confusion that need to be addressed.

KATE feels generally confident about parenting ability and is positive about their interactions with the children.

Possible Strength: The couple agreed on several of the items in this category. Review these Agreement Items, highlighting their strengths and resources. Next, review and talk about 1-2 of the Disagreement, Indecision, or Special Focus items. Learning and practicing parenting skills will only increase their confidence as well equipped parents.

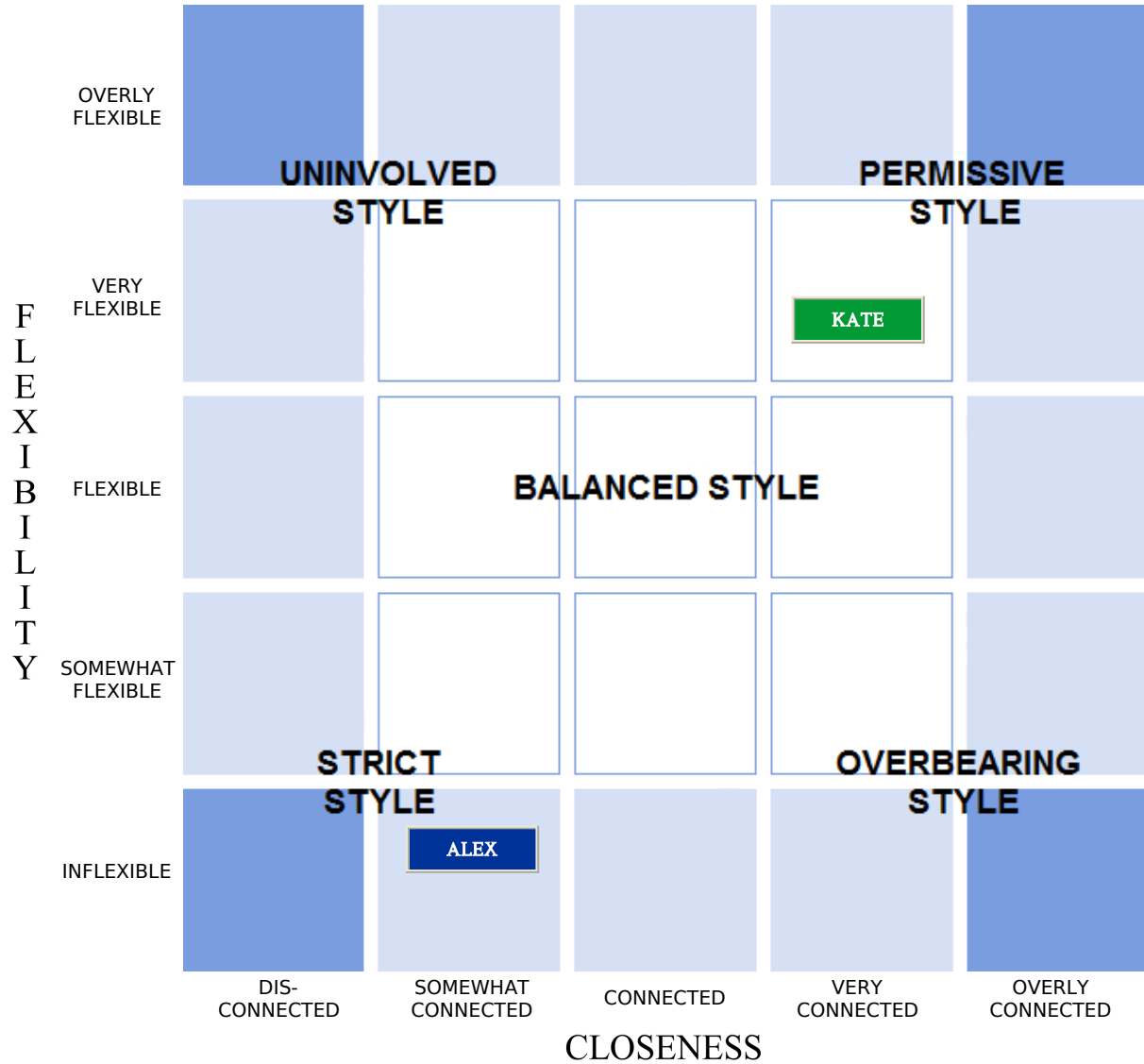
Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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ALEX	KATE	Positive Couple Agreement (70%)
4	4	+ I am able to set limits for my children.
4	5	+ I am confident in myself as a parent.
5	4	+ I am proud of my parenting skills.
2	2	- I don't have enough time to be a good parent.
4	5	+ I know what behavior is typical for children like mine.
2	2	- My children seldom listen to me or do what I say.
2	2	- Parenting is very challenging for me.
		Disagreement (10%)
2	4	+ I am able to help my children learn new things.
		Indecision (10%)
2	3	+ When my child is upset, I can easily deal with the situation.
		Special Focus (10%)
5	4	- I am often frustrated with my children's behavior.

PREPARE/ENRICH Exercises: *Children & Parenting: Discussion Questions*

Five Parenting Styles - Overall Style

- **Balanced Style.....** Healthy level of parenting Closeness and Flexibility
- **Permissive Style....** Very Connected and Very Flexible parenting
- **Overbearing Style..** Very Connected and Inflexible parenting
- **Strict Style.....** Disconnected and Inflexible parenting
- **Uninvolved Style....** Disconnected and Very Flexible parenting

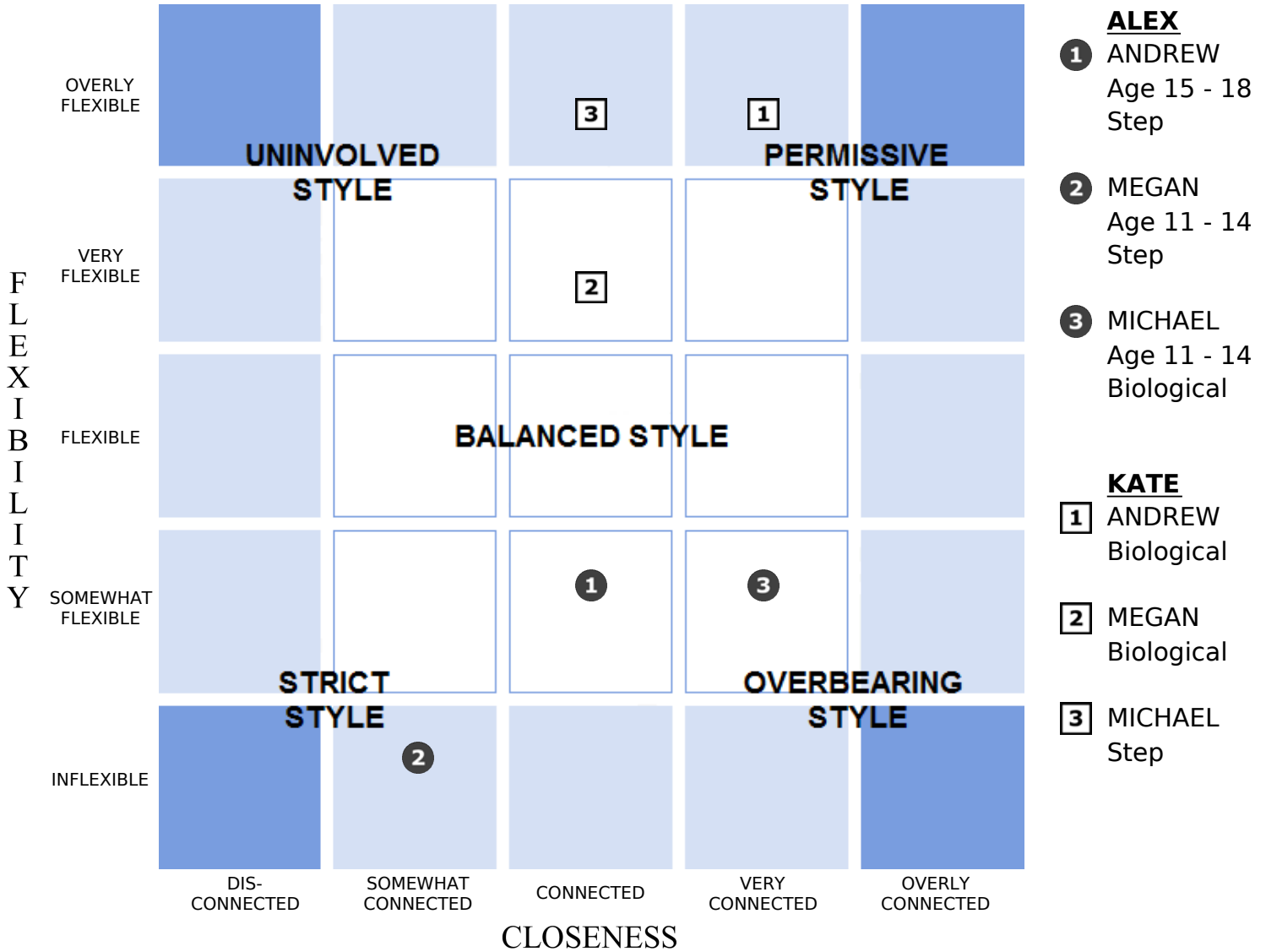


Couple Discussion:

- Discuss how parenting styles for each person are similar or different on Closeness and Flexibility
- Discuss how well their Parenting Style works for each of them
- Evaluate and discuss how they might want to adjust or change their Parenting Style in terms of Closeness and Flexibility

Five Parenting Styles - by Child

- **Balanced Style.....** Healthy level of parenting Closeness and Flexibility
- **Permissive Style....** Very Connected and Very Flexible parenting
- **Overbearing Style..** Very Connected and Inflexible parenting
- **Strict Style.....** Disconnected and Inflexible parenting
- **Uninvolved Style....** Disconnected and Very Flexible parenting



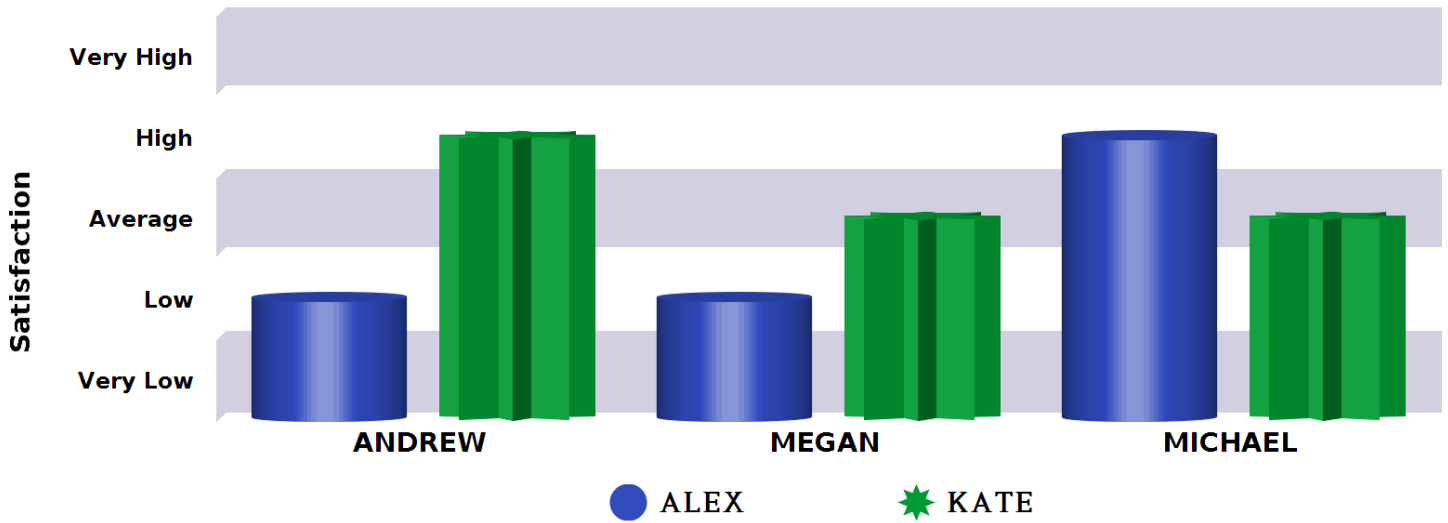
The legend on the right lists each child as well as their age, their relationship to each parent, and their unique child/parent symbol on the chart (a numbered circle or square).

A parent often uses a different parenting style with each of their children. Also the two parents may use a different parenting style with the same child. The chart above represents each parent's description of their parenting style with each child.

Couple Discussion:

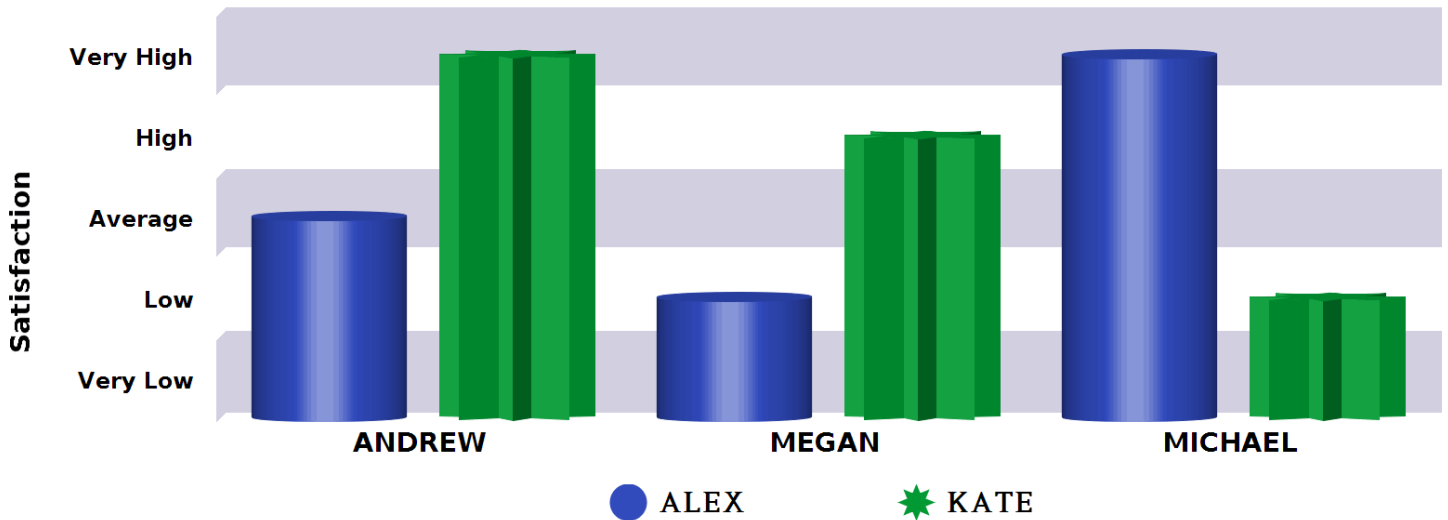
- Review the parenting style used by each parent with each child.
- Discuss the parenting style used by each parent for the same child.
- Discuss which parenting style is most effective for each parent.
- Discuss changes each parent might want to make in their parenting style(s).

Communication Satisfaction With Each Child



The above graph indicates each parent's level of satisfaction in communicating with each of their children.

Relationship Satisfaction With Each Child



The above graph indicates each parent's level of satisfaction in their relationship with each of their children.