



# Gatekeeping No More! Worksheet

Gatekeeping refers to when a parent prevents other caregivers (including their partner!) from getting involved in certain aspects of child rearing by telling them how to clean the bottles the “right” way, making fun of how they parent with friends (“can you believe they put on their pants backwards?!”), and stepping in to do bedtime when the other parent is available because it is “easier.”

Over time, gatekeeping leads to burnout for the parent doing more of the childcare, and resentment and a lack of confidence for the other parent. In order to work towards sharing the parental workload, fill out this worksheet together.

**Why is it hard for me to accept "imperfect" help and release some control?**

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**When my partner blocks or corrects my attempts at caretaking for my child, I feel:**

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Have each parent identify 2-3 things that are non-negotiable when the other person is spending time with your child without you.

_____ 's 2-3 Non-Negotiables	_____ 's 2-3 Non-Negotiables
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____

**Create your own accepting-imperfect-help mantra(s).**

Example Mantra: "Accepting imperfect help allows me to rest more."

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**Write down the benefits of accepting imperfect help that you can return to in times of doubt.**

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**Come up with a signal for your partner to remind you when you are engaging in gatekeeping behaviors.**

When you are both calm, identify a word, phrase or symbol that you are inviting your partner to use when you are engaging in gatekeeping behaviors. Of course, you can also use this phrase or signal with your partner as well, as both parents engage in gatekeeping from time to time.

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**Identify your accountability partner.**

If you are going to include an accountability partner in addition to your significant other, make sure to clear that person with your significant other. You want to ensure your significant other feels they can trust the person you are sharing something about your relationship with. Your accountability partner could be a friend, therapist, spiritual advisor, etc.

Accountability Partner: \_\_\_\_\_

*"When we accept the fact that we can't do everything, we are more willing to ask for and accept help when we do anything."*

- Simon Sinek

Congratulations on completing the Gatekeeping No More worksheet! Allowing imperfect help is a worthwhile journey, because trying to do it all is a recipe for burnout. Like all change, it is a process and it takes time. Treat yourself and your partner with compassion, and keep reminding each other why you are working so hard to share the parental workload!