

# RED FLAGS CHECKLIST FOR SINGLE DAD DATING

*Know What to Watch For (And What to Run From)*

## RED FLAGS - RUN NOW

-   She pushes to meet your kids within first month
-   She disrespects your ex or co-parenting
-   She can't handle your schedule or resents kid-time
-   Love-bombing (too much, too fast)
-   Financial red flags early
-   Caught in lies

## YELLOW FLAGS - PROCEED WITH CAUTION

-   Vastly different parenting philosophies
-   No co-parenting understanding (but willing to learn)
-   All her exes are "crazy"
-   No life outside of you
-   Inconsistent communication

## GREEN FLAGS - ACTIVELY SEEK THESE

-   Respects your time without resentment
-   Has own full life (career, hobbies, friends)
-   Clear, direct communication (no games)
-   Patient and flexible with schedule
-   Thoughtful questions without overstepping
-   Healthy relationship pace
-   Done her own emotional work

**YOUR KIDS' EMOTIONAL SAFETY COMES FIRST. ALWAYS.**