

SA CoParents

Co-Parenting Commitment Agreement

A child-focused planning document that converts both parents' shared goals, concerns, and priorities into practical, day-to-day commitments.

This template follows completion of both parents' Foundation Statements. Shared priorities flow into commitments; unresolved issues stay clearly labelled as items still requiring discussion or mediation. Completing this form does not create a court order or binding legal agreement.

How to use this template alongside a Foundation Statement:

1. Complete a Foundation Statement for each parent separately.
2. Fill in sections 1 to 15 of this form together, or reconcile section by section from each parent's Foundation Statement.
3. Only items that both parents accept flow into the final Reconciled Summary on the last page. Everything else stays labelled as 'requires discussion' or 'requires mediation'.

Prepared for:

Date prepared:

1. Family Information

Parent 1:

Parent 2:

Child or children

Child's name	Age	School / grade	Important needs

Date prepared:

Purpose of this agreement

- ☐ Improve everyday co-parenting
- ☐ Prepare for mediation
- ☐ Address a specific parenting concern
- ☐ Create greater consistency between homes
- ☐ Support a child with educational, medical, or psychological needs
- ☐ Other

Other:

2. Our Shared Foundation

Our shared goal for our child

We agree that our primary goal is to support our child's safety, stability, healthy development, and continuing relationship with each parent when appropriate.

Our additional shared goals

What our child needs most from us

Select the needs identified in both parents' Foundation Statements.

- | | |
|---|--|
| ☐ Safety | ☐ Stability and predictable routines |
| ☐ Freedom from parental conflict | ☐ Healthy relationships with both parents |
| ☐ Educational support | ☐ Medical care |
| ☐ Emotional or psychological support | ☐ Consistent expectations between homes |
| ☐ Support for special or developmental needs | ☐ Meaningful family and community connections |
| ☐ Other | |

Other:

Our child-focused commitment

Even when we disagree, we will make reasonable efforts to keep our child's needs at the centre of our decisions. We will not ask our child to carry messages, choose sides, gather information, or manage adult conflict.

3. Areas of Alignment

Tick the priorities that appear in BOTH Foundation Statements.

We agree on the following

- ☐ Our child's immediate needs
- ☐ Medical priorities
- ☐ Daily routines
- ☐ Important relationships
- ☐ Other

- ☐ Educational priorities
- ☐ Emotional or psychological needs
- ☐ Activities and special events
- ☐ Communication expectations

Other:

Our strongest areas of agreement are

We want our child to experience

4. Areas Requiring Further Discussion

These subjects are important but are not yet fully resolved. They do NOT flow into the Reconciled Summary unless the status is later changed to 'Agreement reached'.

Topic	Parent 1's concern	Parent 2's concern	Child-focused question

Status of each issue

- ☐ Agreement reached
- ☐ Temporary solution selected
- ☐ More information needed
- ☐ Professional guidance needed
- ☐ Refer to mediation
- ☐ Refer to attorneys or the court

5. Parent Communication Agreement

Communication method

We will ordinarily communicate through:

- | | |
|---|---|
| ☐ Co-parenting application | ☐ Email |
| ☐ Text message | ☐ Telephone |
| ☐ Scheduled meeting | ☐ Communication through an agreed professional |
| ☐ Other | |
- Other:

Expected response time

Routine matters: within

Time-sensitive child matters: within

Emergencies: as soon as reasonably possible.

Communication commitments

We agree to:

- ☐ Keep messages brief, informative, focused, and respectful.
- ☐ Discuss the child rather than past relationship grievances.
- ☐ Clearly identify requests, deadlines, and proposed solutions.
- ☐ Share important information within a reasonable time.
- ☐ Avoid insults, threats, excessive messaging, and hostile language.
- ☐ Pause a non-urgent conversation if it becomes unproductive.
- ☐ Preserve emergency communication for genuine emergencies.

Additional communication boundaries

6. Parenting-Time Transitions

Regular exchange arrangements

Location:

Time:

Transportation responsibility:

Authorised pickup persons:

We agree to

- ☐ Prepare the child and necessary belongings on time.
- ☐ Keep exchanges calm and focused on the child.
- ☐ Avoid discussing disputed issues during exchanges.
- ☐ Notify the other parent promptly about significant delays.
- ☐ Never use the child to communicate complaints or schedule changes.

Special safety or transition arrangements

7. Education Agreement

We agree to:

- ☐ Share report cards, school notices, schedules, and important communications.
- ☐ Notify one another of parent-teacher conferences, ARD meetings, IEP or 504 meetings, disciplinary concerns, and significant academic changes.
- ☐ Permit both parents to participate in school matters when allowed.
- ☐ Support homework, attendance, tutoring, and agreed educational services.
- ☐ Avoid placing the child between different parental expectations.

Primary school contact:

Educational priorities

Decisions requiring joint discussion

8. Medical and Psychological Care

We agree to share reasonably necessary information concerning:

- | | |
|--|--|
| ☐ Appointments | ☐ Diagnoses |
| ☐ Prescriptions and medication changes | ☐ Treatment recommendations |
| ☐ Insurance information | ☐ Significant injuries or illnesses |
| ☐ Counselling or psychological services | ☐ Follow-up instructions |

Current providers

Type of provider	Provider's name	Contact information

Medication-sharing plan

Emergency notification plan

Decisions requiring consultation

9. Activities and Special Events

We will make reasonable efforts to share information about:

- | | |
|--|---|
| ☐ Sports and extracurricular activities | ☐ School programmes |
| ☐ Performances | ☐ Religious or cultural events |
| ☐ Birthdays and celebrations | ☐ Graduations and awards |
| ☐ Travel affecting the child's schedule | |

How expenses will be discussed:

How schedule conflicts will be handled:

Conduct at shared events

We will remain respectful, avoid confrontation, and allow our child to enjoy important events without feeling responsible for parental tension.

10. Consistency Between Homes

We agree that our homes do not have to be identical. When practical, we will seek consistency concerning:

- | | |
|--|---|
| ☐ School attendance and homework | ☐ Bedtime and daily routines |
| ☐ Medication | ☐ Screen time |
| ☐ Discipline and behavioural expectations | ☐ Dietary or allergy needs |
| ☐ Therapy recommendations | ☐ Transportation safety |
| ☐ Other | |

Other:

The three areas where consistency matters most are

11. Problem-Solving Process

When a disagreement occurs, we will:

1. Identify the specific issue.
2. Exchange relevant information.
3. State the child's needs or interests.
4. Offer reasonable options.
5. Select an option, temporary plan, or next step.
6. Record the agreement in writing.
7. Review the outcome when appropriate.

If we cannot reach agreement, we will consider

- ☐ A scheduled co-parenting discussion
- ☐ Consultation with the child's provider
- ☐ Parent coordination or facilitation
- ☐ Mediation
- ☐ Consultation with attorneys
- ☐ Another process

Another process:

Agreed professional or mediator:

12. Safety and Conflict Boundaries

If direct communication is unsafe or subject to court restrictions, the safety plan or court order controls this agreement. This section does not require either parent to disclose confidential safety information to the other parent.

Appropriate alternatives may include

- ☐ Written-only communication
- ☐ A co-parenting application
- ☐ Neutral exchange locations
- ☐ Third-party exchanges
- ☐ Communication through professionals
- ☐ Supervised exchanges or parenting time
- ☐ Separate participation in meetings or mediation

Applicable safety boundaries

13. Specific Action Plan

Turn shared commitments into concrete actions. One row per commitment.

Commitment	Parent	Deadline	Confirmed by

14. Review Date

We will review this agreement:

- ☐ In 30 days
 - ☐ In 60 days
 - ☐ In 90 days
 - ☐ At the beginning of each school year
 - ☐ After a significant change in the child's needs
 - ☐ On a specific date
- On:

At the review, we will consider

- What is working?
- What is not working?
- Has our child's situation changed?
- Does any commitment need clarification?
- Is professional assistance needed?

15. Parent Acknowledgment

This agreement reflects our present intentions and our commitment to child-focused co-parenting. Completing or signing this form does not replace an existing court order. We understand that legal provisions should be reviewed by qualified attorneys and, when required, approved by the court.

Parent 1

Name:

Signature:

Date:

Parent 2

Name:

Signature:

Date:

Reconciled Summary

This is the polished output of the agreement. Only items that BOTH parents have accepted appear in the first three sections. Everything unresolved stays clearly labelled below in 'What still requires mediation' - the agreement should never make unresolved issues appear to be agreements.

What We Agree On

What Our Child Needs

What Each Parent Will Do

What Still Requires Mediation