

SA CoParents

Co-Parenting Psychological Alignment Framework

A 25-item framework across five emotional-alignment parts, designed for parents whose child has therapy, trauma, attachment, medication, or mental-health needs. Each parent scores independently on a 0-4 scale; totals surface a three-band picture of the emotional climate the child feels across both homes.

Scoring scale: 0 Never / High Conflict · 1 Seldom · 2 Sometimes · 3 Often · 4 Always / Very Consistent · N/A doesn't apply.

Bands: 81-100 High Alignment · 51-80 Moderate Alignment · 0-50 Low Alignment. Every item you score N/A is pro-rated out of the total, so a partial completion isn't penalised.

Prepared for (child's name):

Date completed:

Completed by (parent):

1. Emotional Regulation Between Parents

How well both adults manage their own emotions in the child's presence and around each other.

- | | | | | | | |
|--|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|------------------------------|
| We keep our own frustration, anger, or sadness in check when we're with the children. | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ N/A |
| We pause and take a breath before responding when the other parent says something that upsets us. | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ N/A |
| We take responsibility for our own emotional reactions rather than blaming the other parent for how we feel. | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ N/A |
| We recognise when we're too heated for a conversation and postpone it rather than pushing through in front of the child. | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ N/A |
| We repair after a disagreement so the tension doesn't linger in the child's emotional atmosphere. | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ N/A |

2. The Child's Emotional Environment

The emotional climate the child actually feels moving between homes.

- | | | | | | | |
|--|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|------------------------------|
| Our child feels safe expressing sadness, worry, or anger to EITHER parent without needing to hide it. | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ N/A |
| Our child never feels caught in the middle of a disagreement or asked to take sides. | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ N/A |
| Our child sees adults handling stress calmly and constructively in both homes. | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ N/A |
| Our child has predictable emotional routines (a listening adult, a comfort item, a bedtime wind-down) in both homes. | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ N/A |
| Our child is allowed to love and enjoy time with the other parent without feeling disloyal. | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ N/A |

3. Therapy & Mental-Health Coordination

How well both parents support and coordinate the child's counselling, therapy, and mental-health care.

Both parents actively support our child's therapy or counselling - attending, funding, reinforcing at home.

☐0 ☐1 ☐2 ☐3 ☐4 ☐N/A

We share therapist recommendations, session summaries, and homework between homes within a reasonable time.

☐0 ☐1 ☐2 ☐3 ☐4 ☐N/A

We hold the same house rules that the therapist recommends (reflection time, feelings vocabulary, coping toolkit) in both households.

☐0 ☐1 ☐2 ☐3 ☐4 ☐N/A

We coordinate psychiatric medication doses, timings, and refills so the child's routine never lapses between houses.

☐0 ☐1 ☐2 ☐3 ☐4 ☐N/A

We never criticise the therapist, the diagnosis, or the treatment plan in front of the child.

☐0 ☐1 ☐2 ☐3 ☐4 ☐N/A

4. Trauma, Grief & Attachment

How we protect the child's attachment security through big transitions and any earlier losses.

- | | | | | | | |
|---|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|------------------------------|
| We recognise the separation itself as a loss for our child and give them permission to grieve it. | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ N/A |
| Reunions after time apart are calm, warm, and unhurried - not filled with questions about the other parent's household. | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ N/A |
| We keep transitions between homes emotionally soft (goodbye hugs, a comfort object, a predictable handoff). | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ N/A |
| We are alert to signs of anxiety, regression, sleep changes, or withdrawal, and we alert one another when we notice them. | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ N/A |
| We DO NOT interrogate the child about the other household or use them as a source of information about the other parent. | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ N/A |

5. Modelling Emotional Health for the Child

The emotional patterns the child sees us modelling every day - because they will inherit them.

We speak about the other parent with respect (or neutrally) even when the child is not obviously listening. ☐0 ☐1 ☐2 ☐3 ☐4 ☐N/A

We name our own emotions out loud ("I'm feeling frustrated, I'm going to step outside") so the child sees emotional literacy modelled. ☐0 ☐1 ☐2 ☐3 ☐4 ☐N/A

We each take care of our own mental health - therapy, exercise, sleep, community - so the child sees adults seeking help without shame. ☐0 ☐1 ☐2 ☐3 ☐4 ☐N/A

We celebrate the child's emotional growth (naming feelings, asking for help, apologising) in both homes. ☐0 ☐1 ☐2 ☐3 ☐4 ☐N/A

We forgive our co-parent when they slip up, the same way we want the child to learn to forgive. ☐0 ☐1 ☐2 ☐3 ☐4 ☐N/A

Your Score & Interpretation

Sum of each part

Part	Raw score	Items answered	N/A count	% aligned

Overall total

Grand total (0-100):

Number answered (out of 25):

Overall percentage:

Band

- ☐ High Alignment (81-100) - Collaborative emotional co-parenting
- ☐ Moderate Alignment (51-80) - Inconsistent emotional support
- ☐ Low Alignment (0-50) - High conflict / fractured emotional environment

What we will do about it

Two lowest-scoring parts we will target this month

One rule we will hold identically across both homes for 30 days

Professional we will consult (therapist / coordinator / advocate)

Sign & Review

This framework is a planning tool between parents. Completing it does not create a court order or a binding legal agreement. Consult qualified professionals for decisions that affect your child.

Parent 1

Name:

Signature:

Date:

Parent 2

Name:

Signature:

Date: