

Your Co-Parenting Assessment Report

Prepared for A. Sample Parent

Overall rating: Building Progress

You have real strengths to build on, alongside a handful of areas that would benefit from focused attention. This report highlights the highest-leverage next steps.

Your strengths

- **Medical & Healthcare Needs**

Coordinate healthcare across both homes.

- **Safety & Supervision**

Promote the child's physical and emotional safety.

- **Educational Needs**

Ensure both parents actively support educational success.

Priority focus areas

- **Communication & Information Sharing (Needs Improvement)**

Why it matters: Communication frequently escalates or breaks down before important information is shared.

First step: Move all non-emergency communication to a written, timestamped channel.

- **Pick-Up, Drop-Off & Transitions (Fair)**

Why it matters: Exchanges are frequently a source of stress for you or your child.

First step: Move exchanges to a neutral, low-stimulation location and add a 5-minute buffer for transition time.

- **Therapy & Skill Reinforcement (Fair)**

Why it matters: Therapy homework isn't consistently reinforced at home.

First step: Schedule 10 minutes of therapy practice into the daily rhythm.

- **Long-Term Child Success (Fair)**

Why it matters: Long-term skill-building is inconsistent.

First step: Pick one skill (decision-making, time management) and reinforce it weekly.

Communication toolkit

Because Section 1 (Communication & Information Sharing) is currently Fair or Needs Improvement, these tools are highlighted for you.

- **Use BIFF messages**

Brief, Informative, Friendly, Firm. Aim for 4 sentences or fewer per message.

- **Move to a written channel**

Use a shared parenting app or dedicated email thread for all non-emergency communication so it's timestamped.

- **Weekly child-focused check-in**

10 minutes, same day/time, with a fixed agenda: schedule, health, school, one 'what's working'.

- **Delay before responding**

Wait 4 hours before replying to any charged message. Draft, save, revise, then send.

- **Focus on facts, not feelings, in writing**

Move emotional processing to a therapist or trusted friend - keep co-parent communication practical.

Section-by-section detail

1. Communication & Information Sharing

Rating: Needs Improvement

Ensure both parents have the information needed to care for the child.

Findings

- Communication frequently escalates or breaks down before important information is shared.

Recommendations

- Move all non-emergency communication to a written, timestamped channel.
- Consider working with a Parenting Facilitator or mediator to establish communication ground rules.

2. Pick-Up, Drop-Off & Transitions

Rating: Fair

Reduce stress and create predictable exchanges.

Findings

- Exchanges are frequently a source of stress for you or your child.

Recommendations

- Move exchanges to a neutral, low-stimulation location and add a 5-minute buffer for transition time.

3. Educational Needs

Rating: Good

Ensure both parents actively support educational success.

Findings

- Academic support is generally consistent between homes.

Recommendations

- Add both parents' emails to the school's official contact list to ensure equal information flow.

4. Medical & Healthcare Needs

Rating: Excellent

Coordinate healthcare across both homes.

Findings

- Medical care is well-coordinated across both homes.

Recommendations

- Keep a shared medication + appointment log accessible to both parents.

5. Daily Routines & Home Consistency

Rating: Good

Create predictable environments that help the child thrive.

Findings

- Most routines in your home are consistent.

Recommendations

- Identify one routine (bedtime, mealtime) to align across both homes.

6. Emotional & Behavioral Support

Rating: Good

Help the child regulate emotions and feel secure.

Findings

- Emotional support is generally strong.

Recommendations

- Add a brief daily emotional check-in (2 highs / 1 low).

7. Therapy & Skill Reinforcement

Rating: Fair

Reinforce therapeutic strategies in both homes when applicable.

Findings

- Therapy homework isn't consistently reinforced at home.

Recommendations

- Schedule 10 minutes of therapy practice into the daily rhythm.
- Ask the therapist to include both parents in periodic parent-training sessions.

8. Safety & Supervision

Rating: Excellent

Promote the child's physical and emotional safety.

Findings

- Physical, medical, and digital safety practices are solid.

Recommendations

- Do a periodic safety walkthrough as the child grows.

9. Social & Community Participation

Rating: Good

Help the child develop relationships and participate in meaningful activities.

Findings

- Social participation is generally healthy.

Recommendations

- Coordinate with the other parent so activities aren't lost in transitions.

10. Long-Term Child Success

Rating: Fair

Keep decisions focused on the child's continued growth.

Findings

- Long-term skill-building is inconsistent.

Recommendations

- Pick one skill (decision-making, time management) and reinforce it weekly.
- Celebrate small wins to build self-esteem.

Recommended next steps

- Move all non-emergency communication to a written, timestamped channel.
- Move exchanges to a neutral, low-stimulation location and add a 5-minute buffer for transition time.
- Schedule 10 minutes of therapy practice into the daily rhythm.

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- Pick one skill (decision-making, time management) and reinforce it weekly.
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This report is an educational reflection tool from SA CoParents. It is not a diagnosis, custody evaluation, or legal advice. Findings are based on your own self-assessment answers on a 5-point scale.