



Co-Parenting Assessment Report™

A child-focused reflection built from your responses across a 10-section assessment

Thank you for completing the SA CoParents™ Co-Parenting Assessment.

This report reflects **your** responses about your goals, concerns, and open issues as they relate to your child. It highlights your strengths, identifies where you can grow, and gives you practical strategies to try — whether or not the other parent participates yet. It is not legal, medical, or therapeutic advice. It is a preparation tool to help you keep your child's needs at the center of every conversation.

OVERALL CO-PARENTING READINESS

Building Progress

Your responses show a clear child-focused mindset and consistent day-to-day parenting. Your strongest area is **Safety & Supervision**, with solid ratings in **Educational Needs**, **Daily Routines**, and **Emotional & Behavioral Support**. Your priority focus area is **Communication & Information Sharing** — where the SA CoParents™ Communication Toolkit later in this report is specifically recommended for you.



Assessment Findings by Section

Each of the ten sections is summarized below with its own rating and a one-line finding based on your responses.

SECTION 1

Communication & Information Sharing

Needs Improvement

Important updates about school, medical, and behavioral concerns are shared inconsistently. No shared calendar or messaging app is in place today. **Priority focus.**

SECTION 2

Pick-Up, Drop-Off & Transitions

Fair

Exchanges happen on time and your child arrives prepared, but the exchange location is not neutral and transition routines remain informal.

SECTION 3

Educational Needs

Good

You support homework, attend school events, and manage classroom communication. IEP/504 and extracurricular coordination could be tighter with the other parent.

SECTION 4

Medical & Healthcare Needs

Fair

You attend routine appointments and manage medications well. The other parent lacks visibility into the current treatment plan and specialist coordination.

SECTION 5

Daily Routines & Home Consistency

Good

Your morning and bedtime routines, meals, and homework time are predictable. Bedtime and screen-time limits still differ from the other home.

SECTION 6

Emotional & Behavioral Support

Good

You use positive reinforcement, coping strategies, and consistent behavioral expectations at home. Meltdown and transition management is a strength.

SECTION 7

Therapy & Skill Reinforcement

Fair

You reinforce therapy homework, speech practice, and OT exercises at home. You're unsure whether the other parent does the same across visits.

SECTION 8

Safety & Supervision

Excellent

Supervision, transportation, medication safety, allergy management, and emergency contacts are all clearly in place in your home.

SECTION 9

Social & Community Participation

Good

Your child maintains friendships, participates in sports and clubs, and attends social events. Coordination with the other parent on activities could improve.

SECTION 10

Long-Term Child Success

Good

You actively build your child's independence, confidence, self-advocacy, and problem-solving through daily interactions and celebrated achievements.



Your Strengths

- ✓ You know your child in specific, observable detail.
- ✓ Your goals for your child are child-centered and consistent over time.
- ✓ Your home offers predictable routines your child can count on.
- ✓ You consistently encourage your child's participation in school and extracurricular activities.
- ✓ You recognize the importance of celebrating your child's achievements — big and small.
- ✓ You are actively seeking a lower-conflict path for your child.

Practical Focus Areas

Where your day-to-day co-parenting actually happens. Each subsection has a rating and specific next actions.

Pick-Up & Drop-Off (Exchange)

Fair

Exchanges take place at your home. Your child sometimes shows anxiety in the 24 hours before a transition.

- Consider a **neutral exchange location** — school parking lot, library, or a familiar coffee shop — to reduce tension at your front door.
- Establish a consistent hand-off routine: 5-minute buffer, no adult conversation at the door, a scripted goodbye your child can rely on.
- Use a written weekly schedule so exchange times are never in dispute.
- If safety is ever a concern, many cities designate **"safe exchange" locations** at police stations.

Meeting Your Child's Educational Needs

Good

You attend most school events and manage the homework routine. The other parent receives some school communications directly but not all.

- Add **both parents** to the school's parent portal, email list, and app notifications.
- Align on homework expectations across both homes (same start time, same location, same length).
- Attend ARD/IEP meetings, teacher conferences, and report-card reviews together when possible.
- Share report cards, progress notes, and behavior updates within 48 hours of receiving them.

Attention to Medical & Therapeutic Needs

Fair

You schedule and attend most medical appointments. The other parent knows the treatment plan in general terms but not the specifics.

- Maintain one **shared medical calendar** (AppClose, OFW, or a shared Google Calendar).
- Attend annual well-checks and any specialist visits together when possible.
- Use identical medication routines — same time, same dose, same tracker — in both homes.
- Share pediatrician, dentist, and therapist contact info in one central document.
- Agree on an **emergency contact protocol**: who to call first, in what order, and how quickly.

Special Events at School

Good

You attend most parent-teacher conferences, classroom performances, and awards ceremonies. The school calendar is not currently shared with the other parent, which occasionally creates scheduling confusion for your child.

- Share the **school-year calendar** with the other parent at the start of each semester — conferences, performances, field days, holiday parties, science fairs.
- Confirm with your child which parent will attend **before** each event so she isn't caught in scheduling ambiguity on the day.

- Attend IEP/ARD/504 meetings, progress reviews, and awards ceremonies **together** when possible.
- For large or sensory-heavy events (Field Day, assemblies, performances), coordinate sensory supports and expectations with the teacher **and** the other parent in advance.
- Celebrate promotions, awards, and recognitions in both homes — a child hears the message loudest when both parents show up.

Extracurricular Activities

Fair

Your child participates in one sport and one arts program. Attendance from your home is consistent; you're less certain about attendance during the other parent's time.

- Share the **season/term activity schedule** with the other parent as early as possible — practices, games, recitals, uniform pick-ups.
- Coordinate transportation and equipment hand-offs so nothing (uniform, instrument, water bottle, medication) is ever left behind at the other home.
- Support the same activity during **both** parenting times — inconsistent attendance erodes team standing, friendships, and momentum.
- If your child uses sensory supports, visual schedules, or comfort items, make sure they travel with her to every practice and event.
- Give coaches, activity leaders, and instructors a **single point of contact** and share her strengths and support needs proactively.

SA COPARENTS™ COMMUNICATION TOOLKIT

Because communication is your priority focus area

Two evidence-based tools are recommended when co-parent communication is flagged as **Needs Improvement**. Both are widely used in family courts and by mediators.

B

Brief

Keep messages to 3–4 sentences. Long replies invite escalation.

I

Informative

Facts only — dates, times, decisions. No emotional interpretation.

F

Friendly

Polite tone, no sarcasm. Assume it will be read in court.

F

Firm

Clear about what you need. Close the loop; don't invite further debate.

AppClose

FREE · IOS & ANDROID

Shared calendar, secure messaging, expense tracking, and swap requests. Message history is court-admissible. A strong first step when cost is a barrier.

OurFamilyWizard (OFW)

SUBSCRIPTION · COURT-MANDATED IN MANY STATES

Calendar, messaging with **ToneMeter™** that flags emotional language before you send, expense ledger, and journal. Widely accepted by family courts as an evidentiary record.



Personalized Recommendations

You can pursue any of these on your own; several become stronger if the other parent joins.

→ Adopt the BIFF method for every co-parenting message this month.

→ Choose one shared calendar/messaging app (AppClose or OFW).

→ Draft your top three open issues as a written mediation agenda.

→ Book a child-focused mediation session.

→ Schedule 15 min/week of quiet reflection using this app's journal.

→ Review your child's teacher and pediatrician contacts with the other parent.

→ Establish a written decision-making framework for medical/school choices.

→ Consult a family attorney if any issue remains unresolved after 60 days.

Child-Focused Foundation Statement

Instead of ending on a numeric score, the SA CoParents™ assessment closes with your personal, child-centered statement — something you can carry into mediation, court, or difficult conversations regardless of whether the other parent participates.

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FOUNDATION STATEMENT

My commitment to my child

“My child benefits from predictable routines, calm communication, and consistent care between homes. I recognize that although the other parent and I may see things differently, my responsibility is to protect my child from unnecessary conflict, honor her emotional needs, and make decisions that keep her at the center. I commit to communicating in ways that could be read aloud in a courtroom, using structured tools when direct conversation is difficult, and seeking professional guidance whenever an issue is beyond us.”

What Happens Next in the SA CoParents App

- Save this assessment to your dashboard.
- Complete your personalized Foundation Statement.
- Build your Child Needs Statement for mediation.
- Create your Co-Parenting Commitment.
- Reassess after significant changes in your family.
- Reach out to a mediator or attorney when needed.

See also: *SA CoParents Co-Parenting Options* — a 2-page reference of ten communication and decision-making approaches. Available at sacoparentsapp.online/coparenting-options.

IMPORTANT REMINDER

This report is an educational preparation tool. It is not legal advice, therapy, mediation, or a psychological evaluation. If you are experiencing family violence, coercive control, or fear for your or your child's safety, contact 911 in an emergency or the National Domestic Violence Hotline at 1-800-799-7233.

A calm parent gives a child a calmer world.