Special Needs Co-Parenting Assessment

A printable workbook you can fill in on paper before completing the online assessment. Every question is optional - you can leave anything blank. Children's needs do not always fit one category, so you may address more than one area.

What type of need are you addressing?

Select ev

[ ] Medical Needs
[ ] Educational Needs
[ ] Psychological or Behavioural Needs
[ ] Multiple or Interconnected Needs

Step 1. Understand the Concern

Medical Needs - Describe the medical concern you want to address (e.g. a chronic condition, allergy, medication, therapy, or upcoming procedure).

Educational Needs - Describe the educational concern you want to address (e.g. school performance, an IEP or Section 504 plan, attendance, or a specific classroom issue).

Psychological or Behavioural Needs - Describe the psychological or behavioural concern you want to address (e.g. ADHD, anxiety, depression, an autism-related need, or a specific behaviour pattern).

Roughly how long has this been a concern?

( ) Less than 3 months
( ) 3 to 12 months
( ) 1 to 3 years
( ) More than 3 years

This concern currently affects my child's daily life.

( ) 1 Strongly disagree ( ) 2 Disagree ( ) 3 Unsure ( ) 4 Agree ( ) 5 Strongly agree ( ) N/A

How time-sensitive is this concern?

( ) Immediate / crisis
( ) Needs attention within weeks
( ) Longer-term planning
( ) Ongoing / stable

Step 2. Identify the Child's Current Needs

Medical Needs - Which of the following describe your child's current needs? Select all that apply.

[ ] Chronic medical condition
[ ] Medication schedule
[ ] Allergies or dietary restrictions
[ ] Specialist appointments
[ ] Medical testing or procedures
[ ] Physical therapy
[ ] Occupational therapy
[ ] Nutritional or feeding support
[ ] Emergency-care plan

- [ ] Health-insurance coordination
- [ ] Medical-expense coordination

Educational Needs - Which of the following describe your child's current needs? Select all that apply.

- [ ] Learning difficulty or developmental delay
- [ ] Kindergarten readiness
- [ ] Academic performance
- [ ] School attendance
- [ ] Educational evaluation or testing
- [ ] IEP or Section 504 services
- [ ] Tutoring or academic support
- [ ] Classroom accommodations
- [ ] Behaviour plan at school
- [ ] Communication with teachers
- [ ] Special events or field trips
- [ ] Extracurricular activities

Psychological or Behavioural Needs - Which of the following describe your child's current needs? Select all that apply.

- [ ] ADHD-related supports
- [ ] Anxiety-related supports
- [ ] Depression-related supports
- [ ] Autism-related supports
- [ ] Emotional-regulation strategies
- [ ] Behavioural intervention plan
- [ ] Counselling or psychotherapy
- [ ] Psychiatric medication monitoring
- [ ] Psychological or neuropsychological evaluation
- [ ] Crisis-response plan
- [ ] Communication with therapists

Are any of these additional areas also involved? Select all that apply, or leave blank.

- [ ] Sleep or fatigue issues
- [ ] Diet or nutrition
- [ ] Sensory sensitivities
- [ ] Mobility or motor skills
- [ ] Social relationships
- [ ] Family stress affecting the child
- [ ] Financial coordination between homes
- [ ] None additional
- [ ] Other

Step 3. Review Professional Recommendations

Medical Needs - Who is currently involved with this concern? Include every paediatrician, specialist, or therapist who has evaluated or is treating your child.

- [ ] Paediatrician
- [ ] Family physician
- [ ] Specialist physician
- [ ] Psychologist
- [ ] Psychiatrist
- [ ] Therapist or counsellor
- [ ] Occupational therapist
- [ ] Physical therapist
- [ ] Speech-language pathologist
- [ ] Teacher
- [ ] School counsellor
- [ ] IEP or 504 team

- [ ] Case manager or care coordinator
- [ ] No one yet

Educational Needs - Who is currently involved with this concern? Include every teacher, school counsellor, IEP team, or educational specialist who has evaluated or is treating your child.

- [ ] Paediatrician
- [ ] Family physician
- [ ] Specialist physician
- [ ] Psychologist
- [ ] Psychiatrist
- [ ] Therapist or counsellor
- [ ] Occupational therapist
- [ ] Physical therapist
- [ ] Speech-language pathologist
- [ ] Teacher
- [ ] School counsellor
- [ ] IEP or 504 team
- [ ] Case manager or care coordinator
- [ ] No one yet

Psychological or Behavioural Needs - Who is currently involved with this concern? Include every psychologist, therapist, psychiatrist, or behavioural specialist who has evaluated or is treating your child.

- [ ] Paediatrician
- [ ] Family physician
- [ ] Specialist physician
- [ ] Psychologist
- [ ] Psychiatrist
- [ ] Therapist or counsellor
- [ ] Occupational therapist
- [ ] Physical therapist
- [ ] Speech-language pathologist
- [ ] Teacher
- [ ] School counsellor
- [ ] IEP or 504 team
- [ ] Case manager or care coordinator
- [ ] No one yet

Medical Needs - What does the most recent medical recommendation include? Select every category that applies.

- [ ] Daily medication
- [ ] As-needed / rescue medication
- [ ] Ongoing therapy sessions
- [ ] Diet, feeding, or nutrition plan
- [ ] Follow-up testing or imaging
- [ ] Referral to a specialist
- [ ] Emergency-response plan
- [ ] Home-care equipment or supplies
- [ ] Lifestyle or activity guidance
- [ ] Other

Educational Needs - What does the most recent educational recommendation include? Select every category that applies.

- [ ] Special-education services (IEP)
- [ ] Section 504 accommodations
- [ ] Classroom accommodations
- [ ] Tutoring or academic support
- [ ] Behaviour plan at school
- [ ] Speech-language therapy
- [ ] Occupational therapy at school

[ ] Additional evaluation or testing
[ ] Change of placement or setting
[ ] Other

Psychological or Behavioural Needs - What does the most recent clinical recommendation include? Select every category that applies.

[ ] Weekly therapy or counselling
[ ] Medication management
[ ] Behaviour plan at home
[ ] Coping-skills tools
[ ] Additional evaluation or testing
[ ] Sleep or daily-routine changes
[ ] Family or parenting support
[ ] Crisis-response plan
[ ] School-therapist coordination
[ ] Other

Do you have the recommendation in writing (report, plan, prescription, IEP, etc.)?

( ) Yes
( ) Partly
( ) No
( ) Unsure

I understand the current recommendations for my child.

( ) 1 Strongly disagree ( ) 2 Disagree ( ) 3 Unsure ( ) 4 Agree ( ) 5 Strongly agree ( ) N/A

Step 4. Each Parent's Understanding

Both parents have received the same written information about this concern.

( ) 1 Strongly disagree ( ) 2 Disagree ( ) 3 Unsure ( ) 4 Agree ( ) 5 Strongly agree ( ) N/A

Both parents attend key appointments, meetings, or evaluations.

( ) 1 Strongly disagree ( ) 2 Disagree ( ) 3 Unsure ( ) 4 Agree ( ) 5 Strongly agree ( ) N/A

My co-parent and I can discuss this concern openly and calmly.

( ) 1 Strongly disagree ( ) 2 Disagree ( ) 3 Unsure ( ) 4 Agree ( ) 5 Strongly agree ( ) N/A

My co-parent and I use the same words when describing the concern to our child.

( ) 1 Strongly disagree ( ) 2 Disagree ( ) 3 Unsure ( ) 4 Agree ( ) 5 Strongly agree ( ) N/A

I believe my co-parent understands what our child is going through.

( ) 1 Strongly disagree ( ) 2 Disagree ( ) 3 Unsure ( ) 4 Agree ( ) 5 Strongly agree ( ) N/A

Step 5. Coordination Between Homes

Daily routines that affect this concern (medication, bedtime, homework, therapy practice) are consistent across both homes.

( ) 1 Strongly disagree ( ) 2 Disagree ( ) 3 Unsure ( ) 4 Agree ( ) 5 Strongly agree ( ) N/A

Professional recommendations are followed in both homes.

( ) 1 Strongly disagree ( ) 2 Disagree ( ) 3 Unsure ( ) 4 Agree ( ) 5 Strongly agree ( ) N/A

My co-parent and I share updates about appointments, changes, and new information promptly.

( ) 1 Strongly disagree ( ) 2 Disagree ( ) 3 Unsure ( ) 4 Agree ( ) 5 Strongly agree ( ) N/A

Supplies the child needs (medication, adaptive equipment, homework, comfort items) travel reliably between homes.

( ) 1 Strongly disagree ( ) 2 Disagree ( ) 3 Unsure ( ) 4 Agree ( ) 5 Strongly agree ( ) N/A

Transitions and handoffs happen without disrupting the plan.

( ) 1 Strongly disagree ( ) 2 Disagree ( ) 3 Unsure ( ) 4 Agree ( ) 5 Strongly agree ( ) N/A

Step 6. Agreement and Disagreement

Where do you and your co-parent clearly agree on this concern?

Where do you and your co-parent see it differently?

Which type of gap best describes the disagreement?

( ) Different information
( ) Different priorities
( ) Different parenting styles
( ) Communication breakdown
( ) No meaningful disagreement

Step 7. Practical Co-Parenting Options

Medical Needs - Select the practical options you would consider trying. You can pick more than one.

[ ] Shared calendar for medical appointments
[ ] Shared medication log (paper or app)
[ ] Pillbox or dispenser used consistently in both homes
[ ] Emergency-care instructions posted in both homes
[ ] Both parents added to the patient portal
[ ] Copy of prescriptions kept in each home
[ ] Shared travel supply (spare inhaler, EpiPen, etc.)
[ ] Alternating attendance at appointments
[ ] Both parents attend key appointments together
[ ] Third-party liaison (nurse, care coordinator)

Educational Needs - Select the practical options you would consider trying. You can pick more than one.

[ ] Both parents on the school contact list
[ ] Duplicate report cards and school communications sent to each parent
[ ] Shared homework folder that travels between homes
[ ] Alternating attendance at parent-teacher conferences
[ ] Both parents attend IEP or 504 meetings
[ ] Shared school calendar (events, holidays, exam dates)
[ ] Written homework routine agreed in both homes
[ ] Neutral educational liaison or advocate
[ ] School-provided planner used consistently in both homes
[ ] Both parents review the IEP or 504 plan together

Psychological or Behavioural Needs - Select the practical options you would consider trying. You can pick more than one.

[ ] Consistent bedtime and morning routines in both homes
[ ] Shared behaviour or reward system
[ ] Consistent screen-time rules
[ ] Shared coping-skills toolkit that travels with the child
[ ] Both parents on the therapist's release-of-information
[ ] Alternating attendance at therapy sessions
[ ] Written crisis-response plan posted in both homes
[ ] Shared calendar for therapy and medication
[ ] Third-party parent-coach or family therapist
[ ] Neutral communication channel for behavioural updates

Any additional cross-cutting options to consider?

[ ] Regular parent-only check-ins
[ ] Written communication log
[ ] Mediation for major decisions
[ ] Third-party parenting coordinator
[ ] Shared parenting app (OurFamilyWizard, TalkingParents, etc.)
[ ] Formal written co-parenting agreement

[ ] None additional
[ ] Other

Step 8. Create an Action Plan

What is the single most important thing to address in the next 30 days?

( ) Schedule the next professional appointment
( ) Refill medication or supplies
( ) Update the shared calendar or plan
( ) Align on daily routine between homes
( ) Have a difficult conversation with my co-parent
( ) Speak with a mediator or family professional
( ) Communicate with the child's school or provider
( ) Complete an evaluation or paperwork
( ) Other

When could you and your co-parent meet (or send a written proposal) to discuss this plan?

( ) This week
( ) Within 2 weeks
( ) Within a month
( ) Undecided

Medical Needs - Which paediatrician, specialist, or therapist would be most useful to consult next?

( ) Paediatrician
( ) Specialist physician
( ) Allergist or dietitian
( ) Physical or occupational therapist
( ) Nurse care coordinator
( ) Emergency-care doctor
( ) Other
( ) No new professional needed

Educational Needs - Which teacher, school counsellor, IEP team, or educational specialist would be most useful to consult next?

( ) Classroom teacher
( ) School counsellor
( ) IEP or 504 coordinator
( ) Special-education advocate
( ) Tutor or academic coach
( ) Educational psychologist
( ) Speech or occupational therapist
( ) Other
( ) No new professional needed

Psychological or Behavioural Needs - Which psychologist, therapist, psychiatrist, or behavioural specialist would be most useful to consult next?

( ) Child therapist or counsellor
( ) Family therapist
( ) Psychiatrist
( ) Behaviour specialist
( ) School psychologist
( ) Parenting coach
( ) Other
( ) No new professional needed

Do you have any concerns about the plan you would like to raise before finalising it?

( ) No concerns
( ) Concerns about my co-parent following the plan
( ) Concerns about cost or logistics

( ) Concerns about how our child feels about the plan
( ) Concerns about safety or communication
( ) Something else I want to flag

This workbook is for co-parent preparation and mediation. It is not legal advice, does not determine parental fitness, and does not diagnose. Complete the online assessment to receive your personalised 9-section polished report.