



Your Special Needs Co-Parenting Report

Parent completing assessment

Alex Rivera

Child

Ari Rivera

Assessment date

2026-07-31

Needs categories addressed

- Psychological or Behavioural Needs

Your Special Needs Co-Parenting Report summarises the information you provided about your child's medical, educational, developmental, behavioural, or psychological needs. It is designed to help you identify concerns, understand co-parenting challenges, and prepare practical next steps.

This report reflects the perspective of one parent. It is not a diagnosis, custody evaluation, or professional recommendation.

2. Your Family Situation

Child: Ari Rivera

Identified needs

Psychological or Behavioural Needs

- Anxiety-related supports
- Emotional-regulation strategies
- Counselling or psychotherapy

Professionals currently involved

- Psychologist
- Therapist or counsellor

Primary concerns you reported

- Psychological or Behavioural Needs: Ari has diagnosed anxiety and needs weekly therapy plus a coordinated bedtime routine.

Decisions that need to be made

- Psychological or Behavioural Needs: Schedule the next professional appointment

Areas of agreement

- Psychological or Behavioural Needs: Both parents believe therapy is important.

Areas of disagreement

- Psychological or Behavioural Needs: How much to talk about therapy content with each other.

3. Areas of Need

Psychological or Behavioural Needs

Concern as described: Ari has diagnosed anxiety and needs weekly therapy plus a coordinated bedtime routine.

Duration: 1 to 3 years · Urgency: Ongoing / stable

Current needs

- Anxiety-related supports
- Emotional-regulation strategies
- Counselling or psychotherapy
- Sleep or fatigue issues

Professional recommendation summary

Weekly therapy or counselling, Sleep or daily-routine changes, Coping-skills tools

4. Your Co-Parenting Strengths

What is already helping your child today.

- You have professional recommendations in writing, which makes them easier to share consistently.



- Multiple qualified professionals are already involved.
- Professional recommendations are followed in both homes.

5. Co-Parenting Challenges

Psychological or Behavioural Needs: Attending appointments and meetings

What you reported

On the psychological or behavioural needs pathway you were unsure that this is currently working (attending appointments and meetings).

Why this may matter to your child

First-hand attendance reduces mistranslation and helps both parents hear the same clinical or educational language.

Status: Needs Attention

Options to consider

- Alternate lead attendance for routine visits.
- Attend key decisions (evaluations, IEP meetings, medication reviews) together where possible.
- Use a phone or video option when one parent can't be present.
- Debrief in writing within a day of any missed appointment.

Psychological or Behavioural Needs: Open, calm discussion of this concern

What you reported

On the psychological or behavioural needs pathway you were unsure that this is currently working (open, calm discussion of this concern).

Why this may matter to your child

When conversations are tense, decisions get delayed and children absorb the tension. A structured channel reduces the emotional cost.

Status: Needs Attention

Options to consider

- Use email or a co-parenting app so each message has room to think.
- Try BIFF-style messages - brief, informative, friendly, firm.
- Introduce a written agenda for regular check-ins.
- Consider a parenting facilitator or mediator for the recurring topics.

Psychological or Behavioural Needs: Consistent daily routines across homes

What you reported

On the psychological or behavioural needs pathway you were unsure that this is currently working (consistent daily routines across homes).

Why this may matter to your child

Predictable routines are the strongest support for children with special needs; even small mismatches can escalate anxiety, meltdowns, or missed doses.

Status: Needs Attention

Options to consider

- Agree on the smallest routine to align first (bedtime, morning, medication).
- Write down the exact steps, times, and who does what.
- Send a photo of the routine to both homes so the child sees it in both places.
- Review after two weeks and adjust together.

Psychological or Behavioural Needs: Sharing updates promptly between homes

What you reported

On the psychological or behavioural needs pathway you were unsure that this is currently working (sharing updates promptly between homes).

Why this may matter to your child

Delayed information means missed follow-up, duplicate work, and children being asked to be the messenger.

Status: Needs Attention

Options to consider

- Agree on a single channel for updates (app, email, group thread).
- Set a 24-hour rule for appointment, medication, or school updates.
- Use a shared calendar for all events tied to this concern.



- Automate school and portal notifications to both parents.

6. Child Impact Summary

Possible effects of the current pattern - not assigning blame.

- The concern you described is affecting the child's daily life; consistency between homes tends to reduce that day-to-day load.

7. Detailed Findings by Category

Psychological or Behavioural Needs

Status: Developing

Understanding across parents on this pathway is developing; coordination between homes is developing.

Recommended parent actions

- Keep doing what is working; check in monthly to confirm nothing is drifting.

8. Parent Alignment Summary

- Disagreement about priorities
- Agreement about the child's needs

Parents can share the same goal while disagreeing about the method. Naming the type of gap is more useful than trying to be right.

9. Recommended Co-Parenting Structure

Structured Co-Parenting

Your answers point to some coordination or understanding gaps. A structured approach with written procedures, deadlines, and clearly assigned responsibilities usually reduces friction.

Safeguards to consider

- Written communication only for logistics; keep it short and factual.
- Use BIFF-style messages - brief, informative, friendly, firm.
- Written agendas for regular check-ins so both parents come prepared.
- Designate a neutral point person for scheduling appointments.
- Mediation before any nonemergency change to the plan.

If you experience family violence, coercive control, intimidation, or fear in this co-parenting relationship, please complete the SA CoParents Family Violence & Communication Safety Assessment. Do not accept a joint communication structure that puts you or your child at risk.

This report reflects one parent's own answers to the SA CoParents Special Needs Co-Parenting Assessment. It is not a diagnosis, a custody evaluation, a determination of parental fitness, or legal advice. Where appropriate, parents should consult their child's paediatrician, therapist, school, attorney, or another qualified professional.