

## Parenting Prompt Sheet

To successfully parent when separated, you often need to establish guidelines for the children and you as individuals. What was a 'given' when parenting together may no longer apply.

Parenting is not simply a case of who has the children and when. It involves all aspects of the children's lives. The following are areas of parenting that are commonly discussed in Mediation. The list is not meant to be exhaustive, but is designed to prompt you as parents to assist you in designing the parenting arrangements that best suit your situation.

<p><b>LIVING ARRANGEMENTS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> How will each child's week be structured?</li> <li><input type="checkbox"/> Should the arrangements be short / medium / long term?</li> <li><input type="checkbox"/> How will the children mix with other parties whilst with each parent?</li> <li><input type="checkbox"/> Who are the important people in the children's lives? E.g. Grandparents, older siblings etc. What arrangements will be made for the children to have contact with them?</li> <li><input type="checkbox"/> How is alternative supervision / child-minding arranged?</li> </ul>	<p><b>HOLIDAYS</b></p> <p>What will be the living / contact arrangements for:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Christmas day period</li> <li><input type="checkbox"/> Easter Day</li> <li><input type="checkbox"/> Mothers / Fathers Day</li> <li><input type="checkbox"/> School Holidays</li> <li><input type="checkbox"/> Parents Annual Holidays</li> <li><input type="checkbox"/> 'Special' Days (e.g. birthdays)</li> <li><input type="checkbox"/> Overseas holidays with parent</li> </ul>
<p><b>HEALTH</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Who will be responsible for the health needs of the children?</li> <li><input type="checkbox"/> Special needs of the children?</li> <li><input type="checkbox"/> Pre-existing illnesses of either parents / children</li> <li><input type="checkbox"/> When and how will we advise each other about the children's health?</li> <li><input type="checkbox"/> Will the children use the same Doctor / Medical Service?</li> <li><input type="checkbox"/> Conventional and / or alternative medical treatments?</li> <li><input type="checkbox"/> Who will bear the costs associated with health care? Will we have private health insurance?</li> </ul>	<p><b>EDUCATION</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Where will the children go to school?</li> <li><input type="checkbox"/> Private or Public school?</li> <li><input type="checkbox"/> Who will meet the financial responsibilities for: <ul style="list-style-type: none"> <li><input type="checkbox"/> Uniforms</li> <li><input type="checkbox"/> Books / School equipment</li> <li><input type="checkbox"/> Fees (if applicable)</li> <li><input type="checkbox"/> Excursions / extracurricular activities</li> <li><input type="checkbox"/> After school care</li> </ul> </li> <li><input type="checkbox"/> How will we negotiate this for now and in the future</li> </ul>
<p><b>TRANSPORT</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> How will the children be transported?</li> <li><input type="checkbox"/> Between homes and school?</li> <li><input type="checkbox"/> Between homes / school and other venues?</li> <li><input type="checkbox"/> What mode of transport (public or private)</li> <li><input type="checkbox"/> Who will pay for the costs of transport?</li> </ul>	<p><b>RELIGIOUS / SPIRITUAL / ETHNIC ISSUES</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> What are the expectations for the children?</li> <li><input type="checkbox"/> Attendance at services / events</li> <li><input type="checkbox"/> Traditional and major events</li> <li><input type="checkbox"/> How will any costs be met?</li> </ul>

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<p><b>FINANCIAL SUPPORT</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> What will the Financial support for the child be in the short / medium and long term?</li> <li><input type="checkbox"/> Pocket Money?</li> <li><input type="checkbox"/> Shared Expenses?</li> <li><input type="checkbox"/> Education fund / Trust fund</li> </ul>	<p><b>DISCIPLINE</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Are there differences in values and styles of parenting?</li> <li><input type="checkbox"/> What are the areas of discipline that we can endorse?</li> <li><input type="checkbox"/> How will we communicate about discipline, and other parenting style differences?</li> </ul>
<p><b>COMMUNICATION PROCESS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> How will the children communicate with the non-resident parent?</li> <li><input type="checkbox"/> How will we communicate with the non-resident child?</li> <li><input type="checkbox"/> How will we communicate with each other in front of the children and at family / school functions?</li> </ul> <p>How will we communicate with each other about the parenting of the children?</p>	<p><b>PROCEDURAL / LEGAL</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Will these arrangements be lodged in the court as consent orders?</li> <li><input type="checkbox"/> Who will be responsible for preparing and lodging consent orders?</li> <li><input type="checkbox"/> Who will be responsible for paying any court filing fees and / or solicitors costs?</li> <li><input type="checkbox"/> Do we need to change our wills? (Who will the guardians of our children be?)</li> </ul>
<p><b>CHILDREN AND THE HOUSEHOLD</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> State of the children's clothing? (Repairs, washing, replacement, duplication etc)</li> <li><input type="checkbox"/> General well-being, cleanliness, nutrition, homework, haircuts etc.</li> </ul>	<p><b>HOLIDAYS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> What if we plan a special holiday for the children?</li> <li><input type="checkbox"/> How much notice must we give each other etc.?</li> </ul>
<p><b>FUTURE CHANGES</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> How do we re-negotiate our arrangements if things change in the future (e.g. New partners, change of work hours, change of children's activities)</li> </ul>	

### NOTES

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