

## Telephone Dispute Resolution Service – Parenting Prompt Sheet

<b>What do we already agree on?</b> It is ideal to discuss and 'pre-agree' on as many topics as possible before mediation, where it is safe to do so.		<b>My top 3 topics to discuss in FDR</b> (choose from the list below)	

**Below is a list of common issues or questions discussed at mediation. Highlight the topics that are most relevant for your family right now.**

<b>COMMUNICATION</b> <i>How will we communicate...</i> <ul style="list-style-type: none"> <li><input type="checkbox"/> About general day-to-day care? Emergencies?</li> <li><input type="checkbox"/> About major, long-term decisions?</li> <li><input type="checkbox"/> In front of the children?</li> <li><input type="checkbox"/> With the children, including when they are not with us?</li> <li><input type="checkbox"/> What rules and boundaries will we set for our communication as parents?</li> </ul>	<b>LIVING ARRANGEMENTS AND SPENDING TIME</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Where will the children live?</li> <li><input type="checkbox"/> How will the children spend time with both of us?</li> <li><input type="checkbox"/> How will each child's week be structured?</li> <li><input type="checkbox"/> Should arrangements be short or long term?</li> <li><input type="checkbox"/> How will the children maintain relationships with other important people in their lives? (e.g. extended family)</li> <li><input type="checkbox"/> What role will other parties (like partners) play?</li> </ul>	<b>HEALTH</b> <i>How will we...</i> <ul style="list-style-type: none"> <li><input type="checkbox"/> Meet the children's health needs? (inc. special needs)</li> <li><input type="checkbox"/> Communicate about health issues?</li> <li><input type="checkbox"/> What medical services will the children use?</li> <li><input type="checkbox"/> Pay for the children's health care?</li> <li><input type="checkbox"/> Will we have private health insurance?</li> </ul>
<b>CHANGEOVERS AND TRANSPORT</b> <i>How will we...</i> <ul style="list-style-type: none"> <li><input type="checkbox"/> Transport the children between our houses?</li> <li><input type="checkbox"/> Manage changeovers? Where?</li> <li><input type="checkbox"/> Get the children to and from school?</li> <li><input type="checkbox"/> Get the children to their commitments? (Extra-curricular activities, friends' houses, etc.)</li> </ul>	<b>HOLIDAYS</b> <i>What will the arrangements be for...</i> <ul style="list-style-type: none"> <li><input type="checkbox"/> School holidays</li> <li><input type="checkbox"/> Christmas and Easter</li> <li><input type="checkbox"/> Birthdays – children, parents, siblings, family, etc.</li> <li><input type="checkbox"/> Mother's and Father's Day</li> <li><input type="checkbox"/> Family holidays, including overseas holidays</li> </ul>	<b>EDUCATION AND EXTRA-CURRICULAR</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Where will the children go to school?</li> <li><input type="checkbox"/> What extra-curricular activities will the children do?</li> <li><input type="checkbox"/> How will we organise tutoring, if needed?</li> <li><input type="checkbox"/> How will we manage parent/teacher interviews?</li> <li><input type="checkbox"/> How will we manage homework?</li> </ul>
<b>FINANCIAL ARRANGEMENTS</b> <i>How will we pay for...</i> <ul style="list-style-type: none"> <li><input type="checkbox"/> Health care? (Private health?)</li> <li><input type="checkbox"/> Schooling? (Fees, uniforms, books, equipment, excursions, after school care, computers, subscriptions)</li> <li><input type="checkbox"/> Extra-curricular activities?</li> <li><input type="checkbox"/> Transport?</li> </ul>	<b>CONSISTENCY, ROUTINE AND GENERAL CARE</b> <i>How will we...</i> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ensure consistent parenting between both houses?</li> <li><input type="checkbox"/> What will our baseline be around discipline?</li> <li><input type="checkbox"/> How is alternative supervision/care arranged?</li> <li><input type="checkbox"/> Ensure the children are properly clothed and kept?</li> <li><input type="checkbox"/> Ensure good nutrition?</li> </ul>	<b>RELIGION AND CULTURE</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> How will the children participate in their culture(s)?</li> <li><input type="checkbox"/> How will the children participate in their religion?</li> <li><input type="checkbox"/> What are our cultural and/or religious expectations for the children?</li> </ul>
<b>PROCEDURAL / LEGAL</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Will we apply for consent orders?</li> <li><input type="checkbox"/> Who will be responsible for the application?</li> <li><input type="checkbox"/> How will we pay the legal costs?</li> <li><input type="checkbox"/> Do we need to change our wills and estate plans?</li> </ul>	<b>FUTURE CHANGES</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> How will we make changes in the future?</li> <li><input type="checkbox"/> Change of work hours?</li> <li><input type="checkbox"/> Change of children's activities?</li> <li><input type="checkbox"/> How will we amend our parenting orders (if applicable)?</li> </ul>	<b>OTHER TOPICS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> </ul>

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