

Checklist

Is Shared Care a Viable Option?

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The Children

1. How old are the children?
2. Do they have any particular medical or developmental needs at the moment?
3. Describe the children's relationship with you and your ex.
4. What is the children's relationship with their extended family eg aunts, uncles, cousins and grandparents?
5. How much time did you spend with the children growing up?
6. What is the current arrangement and how long has it been in place?
7. Do you attend school activities and extracurricular activities?
8. What do you think the children would say if they spent 50/50 time (or other substantial time) with you and your ex?
9. How would you react if one of the children didn't want to spend their usual week with you but wanted to spend it with their other parent or at their friend's house?
10. What would you do if one of the children wasn't doing their homework or was being naughty? Is it different to how your ex would handle it? How would you resolve any differences of opinion, and could you?
11. Do you and your ex share similar views on religion, school, culture, extracurricular activities?
12. What would happen if one of the children left their school work or equipment at the other home?

Work

13. Is your employment likely to be stable?
14. Do you do shift work?
15. Are your hours likely to change?
16. Are your employment hours flexible?

17. What does your ex do for employment?

Location

18. How far do you live from your ex?
19. Are you likely to move any time soon?
20. Is there appropriate public transport nearby?
21. How far away are the children's schools from you and your ex?
22. How do the children normally get to school?
23. Where do the children's friends live in relation to the two residences?

The Households

24. Have you and your ex re-partnered?
25. Do the new partners get on?
26. How do the new partners feel about your children?

Lifestyle / Health

27. Do you have any concerns about your ex's lifestyle eg alcohol consumption, substance use etc?
28. Do you or your ex have any mental health issues? What about before now?
29. How would you describe your lifestyle in terms of alcohol, substance use etc?

Communication

30. In general terms, how do you get on with your ex? What is your relationship like with them?
31. How do you normally communicate? E.g. phone, in person, text, email.
32. What do you do if there is a problem with one of the children e.g. emergency?

Parenting Style

33. How would you describe your parenting style compared to your ex?

34. Has there been any conflict in the past about parenting styles?
35. How do you resolve conflict?

Money / Child Support

36. Do you pay child support or are you in receipt of child support?
37. How much do you rely on your child support income?
38. Are you financially comfortable?
39. How would you cope if there was a reduction in child support paid or received?

Extracurricular Activities

40. What activities do you do with your children?
41. What weekend or after school activities are the children interested in? Can you both attend and/or deliver/pick up the children?

Rules for Supporting your Ex as a Parent

42. Have you thought about establishing some rules for the children in both households?
43. If so, what sorts of rules could there be? For example, if one parent says no to a child, but you think the answer should have been yes, what will you do to resolve the issue?

Shared Care

44. What is your proposal for the time the children spend in each household?
45. How will it work in terms of schooling and transport?
46. What arrangements would you make for the children if they finish school at 3pm and you are only home at 6pm? Can you afford after-school care? ↓