



B.P.R. Therapy, Mediation & Coaching Services

Comprehensive Mediation Process

Below is a comprehensive checklist of items to be addressed in mediation. Your mediation process may not include covering all these areas. Please take time to review this form and its entirety as it will help to better understand the mediation process.

Checklist

Custody, Visitation & Decisions Making

- | | | |
|---|--|--|
| <input type="checkbox"/> Physical/Legal Custody | <input type="checkbox"/> Time Arrangements | <input type="checkbox"/> Holiday Schedule |
| <input type="checkbox"/> Notification | <input type="checkbox"/> Courtesies | <input type="checkbox"/> Transportation |
| <input type="checkbox"/> Decision Making | <input type="checkbox"/> Medical Care Info. | <input type="checkbox"/> Access to Records |
| <input type="checkbox"/> Educational Decisions | <input type="checkbox"/> Children Activities | <input type="checkbox"/> Other Decisions |
| <input type="checkbox"/> Death of a Parent | <input type="checkbox"/> Dispute Resolution | |

Child Support & Expenses

- | | | |
|--|---|--|
| <input type="checkbox"/> Amount | <input type="checkbox"/> Timing | <input type="checkbox"/> Emancipation |
| <input type="checkbox"/> Support past age 18 | <input type="checkbox"/> Extracurricular Act. | <input type="checkbox"/> Work-related child care |
| <input type="checkbox"/> College/Vocational Exp. | <input type="checkbox"/> Health Care Expenses | <input type="checkbox"/> Taxes |
| <input type="checkbox"/> Dispute Resolution | | |

Questions

Below are questions for each section that you should begin to think about.

Physical & Legal Custody

- What are the current custody arrangements?
- Does either party have an issue with the custody arrangements?
- If so, what would be the best arrangements that will work for everyone (you, your children and ex-spouse)?
- Under what circumstances should custody arrangements be revisited after being agreed upon?

Time Arrangements

- How would you like the time with your child or children divided?
- What does weekdays look like?
- What does weekends look like?
- Who picks up and who drops off?
- Would you like for any specific information to be exchanged during exchanges such as updates or relevant events (e.g., behavior, school performance, medications side effects etc...)

Holiday Schedule

- What holidays are important for you to have your child or children?
- What holidays are not important?
- What holidays do you anticipate will be in conflict with your ex-spouse?
- Where can compromise be made?
- When is it not ok to refer to established agreements when negotiating alternative arrangements become the norm?

Notifications

- What is a reasonable time to inform the other parent if complications arise with holding up their responsibilities (e.g., 24 hour notice)? (e.g., weekend visits, transport to doctors office...)
- How would you like to handle unexpected events or emergencies if they interfere with parental rights and obligations? (e.g., it is moms weekend but you just received football tickets at a cheap price or your tire just got a flat and it is your turn to drop Junior off at moms)

Courtesies

- What does respect look like for you regarding communication? (e.g., no yelling, name calling, hanging up the phone, taking shots but talking calmly without attitude or anger in voice etc...)
- Not fighting in front of the child during pick up or drop off.
- In the case, you are unable to talk with each other, then what? (most people return to mediation)

Transportation

- Who will be responsible for transporting your child or children to school and other events in their life? (e.g., the parent that is on duty)

Communication

- How do you want to communicate regarding daily activities of your child? (e.g., Familywizad.com, youth will have a his personal cell phone)
- If you agree on a cell phone, what would you like to see happen if the phone is taken away for disciplinary reasons?
- How would you like to see disciplinary actions carried out in the other parents home?
- What are your thoughts if a parent decides to relocate? What would you like to see happen?

Decision Making

- In general, when making decisions regarding your child(ren), how do you inversion those conversations?
- Do you allocate a specific time and place to have those conversations?

- Do you talk casually during pick up or drop off?
- Is it alright for you ex to call you home phone?
- Are you against your ex calling your home phone?
- What would you like to not happen during these conversations?
- What level of continuity between households is appropriate and what is not? (e.g. discipline is appropriate but what he/she eats is not)
- What do you want to have a say in at the other parents home and what do you not want to have say in?

Medical Care

- How would you like to go about making medical decisions regarding you child or children (e.g., braces, surgeries) et...?
- Will one parent be more responsible for making medical decisions rather than the other or will it be joint effort?
- If one parent is more responsible for medical decisions, in what situations is it appropriate to notify the other parent?
- How would you like to handle emergencies?

Access to Records

- Will both or just one of you have access to your child or children's medical record?
- Are there certain records that maybe more important than others?
- Who needs to be informed regarding access to records and how do you go about doing that?

Education Decision

- Will one or both of you have access to school records, events, conferences etc..?
- Can one or both parents contact the school for updates?
- How do you follow through with being informed?
- Whose address will be used for mailing purposes?

Child or Children's Activity

- How should decisions be made regarding extracurricular activities
- What does attending tournaments/games etc look like? (e.g., alternating events)

Other Decisions

- How do you make decisions regarding things such as religious upbringing, employment, the purchase and operation of a motor vehicle, contraception, sex education etc? (e.g., in counseling, on your own, mediation)

Death of a Parent

- What would you like to see happen in the event that one of you should die in regards to custody arrangements, living arrangements, property, relationship with family members etc...?

Review of Parenting Arrangements

Below is a typical agreement parents make in regards to reviewing parenting arrangements.

The parties understand that the parenting plan should be reviewed and, if necessary, modified as the children's needs change or the circumstances of either change significantly. Therefore, they agree that should any of the following events occur, they shall review between themselves the Parenting Plan and their responsibilities and, if necessary, negotiate or mediate any issues that may arise:

- (1) Either party request a review of the arrangements
- (2) Either party intends to relocate
- (3) Either party remarries or begins living with another person where the children may be affected.

These review provisions are not intended to compromise or substitute for legal requirements necessary for a modification of "custody", but merely to provide the parties with a means of addressing changes that occur.

Resolution of Disputes

Below is a typical agreement parents make in regards to resolving disputes.

In the event that they cannot negotiate between themselves a disagreement with regard to a parenting issue, either regarding time arrangements or decision-making, _____ and _____ shall first make a good faith attempt to mediate their differences with the services of a professional mediator or mutual choice before proceeding with other legal remedies and to equally divide the cost of the mediator.

Child Support & Expenses

Amount and Timing

- Would you like for child support to be determined for you or would you like to discuss the amount and reach an agreement?
- What amount is reasonable and not in your own best interest?
- Would you like direct deposit, exchanging the money on your own etc...?
- How often such as every 2 weeks, once a month?

Coverage

- What should child support cover? (e.g., clothing, meals, school supplies)

Emancipation

- When would you like child support to end? (e.g., age 18)
- Any particular situations that would cause for child support to end? (e.g., active duty, marriage, self-supporting)

Support Past Age 18

- Under what condition will child support continue after 18 years of age? (e.g., attends college. Still in high school)

- If child support will continue while child is in college, when does that support end? (e.g., 2nd year, until child completes degree, 4 years, until child reached 22 years of age)
- What constitutes support? (e.g., full-time student maintaining a gpa of 3.0 or above)

Extracurricular Activities

- How would you like to handle your child's participation in extracurricular activities? (e.g., divide the cost, one parent be responsible for one extracurricular activity and the other parent is responsible for another).
- If the cost is evenly divided, how do you go about doing so? (e.g., providing each other with receipts).

College or Vocational Educational Expenses

- How would you like to handle college expenses?
- Under what circumstances would a parent not be responsible for their portion if you are splitting cost?
- Does loans, scholarship or child own income influence contribution?

Health Care Expenses

- Who will your child maintain health insurance with?
- How would you like to handle healthcare related cost not covered by insurance?

Tax Status Responsibility

- Who will claim your child or children? (some parents alternate years or divide the children)
- How would you like to handle the child care tax credit? (some parents split it equally)

Dispute Resolution

Below is a closure statement the parents agree on in regards to the resolution of disputes.

In the event that the parties cannot negotiate between themselves a disagreement with regard to a financial issue regarding the children, parents shall make a good faith attempt to mediate their differences with the services of a professional mediator of mutual choice before proceeding with other legal remedies.

Division of Property

Documentation related to Income and Expenses

Documentation or Assets, Appraisals and Liabilities/Debts