SA COPARENTS PARENT REPORT

Child-Focused Foundation Statement

A parent's statement of goals, priorities, concerns and commitments for their child.

PARENT	CHILD	STATEMENT DATE
Jane Smith	Emma Smith	July 29, 2026

Purpose of This Statement

This Foundation Statement organizes the parent's child-focused reflections into priorities, needs, concerns (including wellness, phones and social media), goals and personal commitments.

1 Shared Purpose

Regardless of the circumstances that brought our family to this point, our child deserves parents who make decisions based on her needs rather than our disagreements. This Foundation Statement reflects the goals, values, and priorities I believe will best support Emma's healthy development and long-term well-being.

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2 My Vision for My Child

CHILD AT THE CENTER

The future I want for Emma

I want Emma to grow up feeling safe, loved and supported by both of her parents. I want her to know that she never has to choose between us and that she is free to love each parent without guilt or pressure. I hope she develops confidence, resilience, healthy relationships and a strong sense of security as she grows into adulthood.

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3 Parenting Priorities

- Protect Emma from adult conflict.
- Maintain consistent routines between homes whenever possible.
- Support her emotional, physical, educational and medical needs.
- Encourage respectful parent communication when safe and appropriate.
- Make decisions based on Emma's needs rather than past disagreements.

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4 Understanding My Child

My Child's Strengths

Emma is compassionate, creative, curious and enjoys learning. She has close relationships with extended family and benefits from positive encouragement and predictable routines.

My Child's Current Needs

- Stable daily routines
- Consistent expectations
- Calm transitions
- Emotional reassurance
- School and healthcare communication
- Extracurricular opportunities

5 Areas of Concern

- Ongoing conflict between parents.
- Differences in parenting styles.
- Difficulty communicating regarding school and medical decisions.
- Increased stress during parenting exchanges.

6 Wellness, Homes & Social Media

- Emma needs the same bedtime and enough sleep in both homes.
- Regular meals, outdoor play and time away from screens every day.
- No smartphone of her own yet; a shared way to call either parent instead.
- No social media accounts until both parents agree she is ready.
- The same parental controls and screen-time limits in both homes.
- Either parent tells the other the same day if something worrying happens online.

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7 What My Child May Need

CHILD-FOCUSED REFLECTION

These concerns should be addressed with solutions that reduce conflict, improve predictability and support Emma's emotional security.

8 Commitments I Am Making

- Keep Emma out of adult disagreements.
- Speak respectfully about her other parent in her presence.
- Share important information about school, health and activities.
- Remain open to problem-solving when disagreements arise.
- Continue improving my co-parenting skills.

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9 Goals for the Next 12 Months

- Reduce conflict during communication.
- Create more consistent routines between homes.
- Improve cooperation regarding school and healthcare.
- Support Emma's emotional well-being during transitions.
- Build a healthier co-parenting relationship focused on our child.

10 My Child's Future

LOOKING FORWARD

When Emma looks back on this period of her life, I hope she remembers that both of her parents loved her deeply and worked to put her needs first. I want her to feel secure, valued and confident that the adults in her life chose cooperation over conflict whenever possible.

11 Parent Commitment

My Foundation Statement

I will work to keep my ch[illegible]ee[illegible] at the center of parenting decisions, reduce unnecessary conflict and remain op[illegible]en to [illegible]nstructive solutions that support my child's well-being.

SAMPLE

PARENT SIGNATURE

DATE

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This Foundation Statement reflects parent-reported goals, concerns, priorities and commitments. It is intended to support child-focused reflection and communication. It is not a legal agreement and does not replace legal advice or a court order.

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