

PARENTING AND CHILD CUSTODY | WORKSHEET 3 OF 3

Child-Focused Parenting Record

A neutral log for schedules, decisions, expenses and child-related events without argumentative commentary.

BEST USED
WHEN

Use this when facts are disputed and you need a reliable record rather than a conflict diary.

ALBERTA LEGAL CHECKPOINT

A workable parenting proposal starts with the child's best interests, then translates them into ordinary-life details: school nights, decisions, transportation, information and conflict safeguards. For married parents using the Divorce Act, a move that would significantly affect a child's relationships can trigger formal relocation rules, including advance notice requirements.

Primary source: [Justice Canada: Moving after separation or divorce](#)

PREPARED FOR

DATE

1 Complete what you know

2 Mark gaps and assumptions

3 Attach supporting records

THE PRACTICE LENS

The most useful parenting record is selective, factual and tied to the child-not a transcript of adult conflict. We designed this log to show patterns a decision-maker can evaluate while reducing the temptation to turn every irritation into evidence.

A CONCRETE EXAMPLE

"Pickup was at 5:18 p.m.; the child missed the 5:15 counselling appointment" is useful. "Always selfish and late" is an argument. Record the scheduled time, actual event, child impact, message or receipt, and any practical fix proposed.

Record facts, not conclusions

Tick completed items. Circle anything that needs a document, follow-up or legal advice.

- ☐ Record date, time, event and source of the information.
- ☐ Describe what occurred without labels, diagnosis or assumptions about motive.
- ☐ Separate what the child said from your interpretation.
- ☐ Attach the relevant message, receipt, school notice or medical record where appropriate.
- ☐ Record your response and any practical effect on the child.

Weekly record

Use one row per issue and identify the source for every important number or date.

Date	Schedule or decision	What occurred	Follow-up

Before relying on the record

Use short factual notes. If an answer is uncertain, write what would confirm it.

1. Does each entry help prove a relevant fact or merely repeat frustration?

2. Would the entry read as fair if the other parent wrote it?

3. Is the record complete, including events that do not support your preferred outcome?

4. Have you protected the child from being questioned or recruited as a witness?

5. Which entries require independent confirmation?

BRING THIS TO YOUR CONSULTATION

You do not need every blank filled. Mark the three items that matter most, attach the records you relied on and use this handoff to identify the next decision.

STATUS	☐ Ready to discuss ☐ Missing records ☐ Deadline or urgent issue
NEXT REAL DEADLINE	
RECORD OR ANSWER STILL NEEDED	
DECISION I NEED HELP WITH	

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