

Co-Parenting Communication Log

The Suddenly Single Parent's Survival Guide

A clean record for schedule changes, communication, decisions, and issues involving the children.

Use this as a practical planning tool, not legal, medical, financial, home-repair, or mental-health advice. For urgent danger or crisis, contact emergency services or a qualified professional.

Communication Log

Date	Topic	Message / Event	Follow-up needed

Keep It Clean

- Keep messages short, factual, and child-focused.
- Do not use children as messengers.
- Save important communication.
- Document schedule changes with date and time.
- Consult an attorney or mediator if conflict becomes chronic.