

THE BATTLE FOR THE KIDS — WORKSHEETS

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Print these and fill them in. Clean, blank copies of every worksheet from the Field Manual, plus the same-day wellbeing capture card. Keep them where you'll actually use them — the car, the kitchen drawer, a folder by the door.

Not legal or medical advice. Get your own from a qualified solicitor and your GP. In crisis: Lifeline 13 11 14 • MensLine 1300 78 99 78 • Emergency 000.

WORKSHEET 1 — BATTLE FILE INDEX & INCIDENT LOG

One event, one row. Date it. Note the document that proves it and where it's filed. Never alter an original.

#	DATE	WHAT HAPPENED (FACTS ONLY)	WHO WAS THERE	DOCUMENT THAT PROVES IT	WHERE IT'S FILED

Topic sections: ☐ Restraining orders ☐ Child protection / findings ☐ Contact & parenting ☐ Money / property ☐ Medical & school ☐ Communication with the other parent ☐ Police

WORKSHEET 2 — ALLEGATION REBUTTAL GRID

One row per allegation. Their exact words, then the dated fact that answers it. No adjectives — let the document be the anger.

THE ALLEGATION (THEIR EXACT WORDS)	MY ANSWER (FACT ONLY)	THE PROOF	DATE IT'S BEATEN BY

WORKSHEET 4 — COURT-DATE PREP CHECKLIST

☐

Date, time, place and courtroom confirmed

☐

Which judge / registrar (if known)

☐

My documents filed and served **on time**

☐

Affidavit: numbered, facts only, annexures attached

☐

A clean bundle for me, one for the bench, one for the other side

☐

My three key points written on one card

☐

What I'm actually asking the court to do (my orders sought)

☐

Duty lawyer / support person arranged

☐

Arrive 30 minutes early

WORKSHEET 5 — FOI REQUEST SKELETON

To: [Agency FOI Officer] Date: _____ Re: Freedom of Information request — personal records
I request access to all documents the agency holds about me and my children, [names / DOBs],
for the period [dates], including but not limited to: intake and case notes; the basis and
evidence for any finding made about me; all records of any contact (or attempted contact) with
me; internal communications between named workers about this matter; and any
correspondence with [other party / their lawyer / other agencies].
My details for verification: [name, DOB, address]. Please advise any fee before proceeding.

Check your state's FOI/RTI process for the correct form and any fee.

WORKSHEET 6 — CO-PARENT COMMUNICATION RULES

Stick this on the fridge. Run every message through it before you send.

☐

Brief

☐

Informative (facts only)

☐

Friendly tone

☐

Firm and clear

☐

One channel only

☐

No comments about the other parent's character

☐

Would I be comfortable if a judge read this?

☐

24-hour rule on anything written in anger

WORKSHEET 7 — MY SAFETY PLAN

My reasons to stay (kids first): _____

Three people I can call any time: 1) _____ 2) _____ 3) _____

My warning signs (what it looks like when I'm slipping): _____

What I'll do first when I notice them: _____

Professionals in my corner (GP, psychologist): _____

Crisis lines (put them in your phone now): Lifeline 13 11 14 · MensLine 1300 78 99 78 ·
Beyond Blue 1300 22 4636 · 13YARN 13 92 76 · 000

Weekly self-check (score each 1-5): sleep ____ · eating ____ · seeing people ____ · dark thoughts (be honest) ____ · one good thing this week ____ *If two or more are sliding, call someone.*

WORKSHEET 8 — MY CORNER

Fill it in and keep a copy in your wallet.

- Lawyer: _____ GP: _____ Psychologist: _____
- My one steady mate: _____ Accountant / adviser: _____
- Crisis line I'll call first: _____

WORKSHEET 9 — SAME-DAY WELLBEING LOG (QUICK-CAPTURE)

The cheapest, most persuasive evidence there is: your child's own words, written down on the day. Fill one box the moment you're back from seeing the kids.

Rules: Same day · Facts only · Their exact words in "quotes" · One event per box · Never erase (add a new box) · Save the proof and note where.

ENTRY

- Date / Time: _____ Which child: _____
- Where / who was present: _____
- What happened (facts only): _____
- Their exact words: " _____ "
- Concern type: ☐ emotional distress ☐ disclosure ☐ mark/injury ☐ behaviour change
☐ handover/contact ☐ positive ☐ other
- What I did / follow-up: _____
- Evidence saved (what & where): _____

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- Date / Time: _____ Which child: _____
- Where / who was present: _____
- What happened (facts only): _____
- Their exact words: “ _____ ”
- Concern type: ☐ emotional distress ☐ disclosure ☐ mark/injury ☐ behaviour change
☐ handover/contact ☐ positive ☐ other
- What I did / follow-up: _____
- Evidence saved (what & where): _____

*Within 24 hours, copy each box into the **Wellbeing Log spreadsheet** (download separately) and file any photo/message with it.*