

Mediation Statement Template

A short, factual summary you may be asked to give the mediator before the session. Ask the mediator whether they want one, how long it should be, and whether it is shared with the other parent. Replace everything in [brackets].

MEDIATION STATEMENT OF [YOUR NAME]

Case: [case number, if any] Mediation date: [date] Mediator: [name]

1. The children: [first names or initials and ages]; school/grade; any special needs or activities.
2. Current arrangement: [the current order or how parenting time actually works now].
3. What is working: [be specific and generous — it builds trust].
4. My concerns: [two or three concerns, each tied to the children's needs, with dates or examples, no labels].
5. My proposal: [regular schedule; holidays and breaks; exchanges; communication; decision-making].
6. Why this works for the children: [routine, school, relationships, travel time, stability].
7. Where I'm flexible: [items you're open to discussing].
8. Questions to resolve: [anything you need information about].

General template for organizing your own information. It is not legal advice and not a court-approved form. Court rules and required forms vary by state and county, so check your court's local rules and self-help center. Doing this by hand takes hours: Custody Commander organizes evidence, builds your timeline and exports court-ready PDFs — free tier and a 14-day free trial at custodycommander.com.