

What information do I need to provide?

These checklists are from the booklet 'Going to Court: Self-Represented Parties in Family Law Matters.' You can find this booklet on the Nova Scotia Family Law website at www.nsfamilylaw.ca.

These checklists may help you figure out what information to give the court about your situation.

When dealing with parenting arrangements (custody, access, parenting time, contact time, and interaction), provide, as appropriate:

- the children's names, birth dates, and ages
- where the children go to school and what grade each is in
- any important health or educational concerns
- the occupation of each parent and each parent's usual work schedule
- how the parents shared the parenting of the children while they were together
- who was responsible for arranging things like visits to the doctor and dentist
- who was responsible for looking after school issues, like parent-teacher meetings and making sure homework was done
- how the parents have shared the parenting of the children since they separated
- the quality of the parents' ability to talk to each other and cooperatively make decisions about the children after separation
- a description of any actual problems with a parent's capacity to care for the children

If you are dealing with changing a previous order, you will also want to talk about what has changed in the child's needs or circumstances since the last order was made, and how this change has affected the children.

When dealing with child support, provide, as appropriate:

- the children's names, birth dates, and ages
- how the children's time is divided between the parents
- whether some or all of the children are receiving child support from another person
- the nature of each parent's employment
- each parent's income, from employment and from any other source
- details of any of the children's special expenses that are being claimed

If you are dealing with changing a previous order, you will also want to talk about what has changed since the last order was made, and how this change would cause a different amount of support to be paid under the Child Support Guidelines.

When dealing with spousal support, provide, as appropriate:

- the date the parties began to live together and the date they married (if applicable)
- the date of separation
- the parties' ages
- each party's present health
- any factors limiting a party's ability to obtain employment
- the parties' present employment circumstances
- the parties' employment history during the relationship, including any periods of unemployment
- each party's present income and the sources of that income
- a description of each party's living expenses after separation
- any career sacrifices made during the relationship
- the parties' education and training history, prior to and during the relationship
- a description of any education and training taken after separation, especially any education geared to finding employment
- the ages and school status of the children at the date of separation
- the arrangements that have been made for the care and control of any children

If you are dealing with changing a previous order, you will also want to talk about what has changed since the last order was made, and how this change affects your ability to pay spousal support or your need for support.

* The examples listed here are taken from the wikibook, JP Boyd on Family Law, with permission from the founding author. This wikibook can be found online at http://wiki.clicklaw.bc.ca/index.php/JP_Boyd_on_Family_Law