

**Dodge County Family Court Services  
Parents Autobiography Outline  
Parenting Plan Evaluation**

This outline is to help you with your autobiography and social history. This is important information that we require for the custody evaluation. Please write an autobiography and address all of the specified issues thoroughly. When completed return this information to us as specified in the letter.

**A. FAMILY HISTORY**

- Your full legal name and date of birth.
- Where were you born, and where did you grow up (if different)?
- Describe your parents and siblings, if any, and your relationship with them growing up and currently.
- What is your parent's current marital status to each other? If your parents are divorced, what were the living arrangements for you growing up? What were your feelings about the divorce? How did the divorce affect/influence you as a child and into adulthood?
- Describe your parent's marriage. How did they communicate and resolve conflict with each other? How has this affected/influenced you as a child and into adulthood (positive or negative)?
- Describe family activities you enjoyed doing as a child.
- Describe the discipline you had as a child. How has that affected/influenced you as a parent?
- Was there any physical, sexual or verbal abuse or violence in your family growing up or did you ever have concerns about abuse or violence in your family? If so, how did this affect you as a child and into adulthood?
- Was there any mental health (depression, anxiety, bipolar, schizophrenia, etc.) in your family growing up with either parent or siblings? Did either parent have any suicidal behaviors? If so, how did this affect you as a child and into adulthood?
- Were there any alcohol or drug issues in your family with parents, siblings, or yourself, or any other addiction issues? If so, how did this affect you as a child and into adulthood?
- Did you, or any other family members, ever experience any traumatic events during your childhood (abuse/assaults, death, illness, natural disaster, etc.)? If so, how did this affect your family? How did this affect you as a child and into adulthood?
- What did you take with you from your experiences with your parents that has contributed to who you are today as a parent, and also in your other relationships? List both the positives and negatives that have impacted you.

**B. EDUCATIONAL HISTORY**

- List schools that you've attended; did you graduate from high school, and if so, where and when.
- Describe your performance with academics in school. Any special needs with learning/academics? If yes, please explain.

- List extracurricular activities while in school.
- List other education, college, military, etc., including when and where.

### **C. PARENTING**

- Describe your child(ren)'s personalities, strengths and weaknesses, developmental history, medical history and current needs, mental health history and current needs, educational needs, interests/hobbies/sports, and any special needs or concerns.
- What is the weekday routine and schedule in place for your child(ren)? What is the weekend (non-school day) routine and schedule for your child(ren)? Do you have any concerns or issues with the routine/schedule that you have in place for your child(ren)?
- What is the routine/rules for your child(ren)'s homework/school work at your home?
- What is the routine/rules for your child(ren)'s media/technology (phone, computer, tablets, social media, etc.) use at your home? Who monitors your child(ren)'s use of technology, and how is that monitored in your home?
- What are your expectations of your child(ren) in regards to chores and responsibilities in your home? Any other expectations that you have for the children? Do your children live up to your expectations?
- As a parent, what is the purpose of discipline? What kind of discipline do you use when your child misbehaves? What behaviors do you consider misbehaving?
- What are your strengths as a parent? What could you improve on as a parent?
- What is the most difficult thing for you as a parent? What do you enjoy the most about being a parent?
- List three values that you want your children to have as an adult.
- What are you doing now, as a role model to your child(ren), that is supporting the values you'd like them to have?
- What are some things you need to change that is setting a poor example for the above values you'd like them to have?
- How do you raise your children differently than you were raised?

### **D. YOUR RELATIONSHIPS**

- List all your marriages and significant other relationships past and present in chronological order and ending with the most current relationship (including the other parent involved in this custody evaluation).
- Describe how you met, length of time you dated, marriage dates, and divorce dates.
- Why did these relationships fail and why are you apart today?
- What behaviors, beliefs, and attitudes of yours and your partner contributed to the problems and end of these relationships?
- In any of your past or present relationships, has there ever been any domestic violence or abuse including verbal, emotional, physical, or battery? If yes, please list the specific details including who this involved, charges or convictions, police involvement, county or city of record, restraining orders and dates.

- Looking back at all of your relationships, do you see any patterns or similarities in these relationships?

#### **D. LIVING ARRANGEMENTS, LEGAL CUSTODY AND PLACEMENT**

- What placement plan do you believe is in the best interest of your child(ren)? Please explain the reasons why you believe this.
- What are the best ways you have found to communicate with the other parent concerning the child(ren)?
- What are some ways that you can improve communication with the other parent?
- How do you plan to work together with the other parent in meeting the child(ren)'s medical, school, extracurricular activities, and other needs?
- What are some ways that you can improve the co-parenting relationship with the other parent?
- How do you support and promote the relationship between the child(ren) and the other parent?
- Taking into consideration your child(ren)'s feelings, how do you perceive they feel about their living arrangements, their parents, and the relationship you have both modeled for them as parents?
- What is your child(ren) taking with them from their experiences with both of you in your parenting relationship, and how do you perceive this will affect them in their present or future relationships, especially their future parenting?