MULTIPLI FIELD GUIDE / 01

The Co-Parent Compatibility Checklist

A printable conversation workbook for adults considering intentional co-parenting before conception.

FAMILY, BY INTENTION.

Complete separately. Compare slowly. Revisit honestly.

01 / HOW TO USE THIS WORKBOOK

A conversation guide, not a compatibility verdict.

Complete one copy per person. Compare answers after you have each written independently, then return to the workbook after several conversations. The purpose is to find the truth early, not to manufacture agreement.

ALIGNED	Your plans fit and you have seen behaviour that supports the answer.
OPEN	You need more information, time or negotiation. Name the next step.
INCOMPATIBLE	Both plans cannot be true. Do not minimise a structural conflict.
ASK A PROFESSIONAL	The question belongs with an independent lawyer, clinician, counsellor or adviser.

Pause before conception

Slow down if there is pressure, coercion, hidden information, refusal of independent advice, or a disagreement about who is intended to be a parent. A checklist is not a safety screen. Seek independent support when something feels wrong.

Working agreement

We will answer honestly, allow each other to change an answer, avoid rushing to conception, and distinguish questions we can negotiate from questions that require independent professional advice.

Names: _____ _____ Date: _____

02 / READINESS AND TIMELINE

Why parenthood, and why now?

Readiness is not certainty. It is the willingness to examine the work, the risk and the relationship before a child depends on the plan.

01	Why do I want to become a parent, and what part of the role do I most want to live?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
02	What timeline am I proposing? Which dates are preferences, and which are medically or personally significant?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
03	What would make me pause, delay or decide not to proceed?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
04	How many children do I hope for, and what happens if only one adult wants another child later?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
05	What information do I need from a fertility or preconception clinician before deciding?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
06	What am I willing to change in work, housing, travel and relationships to make room for a child?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____

Our next factual step: _____

Review date: _____

03 / ROLES AND FAMILY STRUCTURE

Name every adult's role before choosing a conception route.

Do not let the word donor, partner or support person carry several meanings. Describe time, decisions and responsibility in plain language.

01	Who is intended to be a parent from birth? List every adult.	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
02	Is anyone providing sperm, eggs or embryos without intending to parent? What contact is expected?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
03	Who will have parental decision-making authority, and on which subjects?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
04	Will the child have one home, two homes or more? Who lives in each household?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
05	What family titles will be used, and do those titles match the underlying roles?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
06	If the current couple or friendship ends, which parent-child relationships are intended to continue?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
07	Can each adult describe the same family structure without using labels such as involved or equal?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____

04 / HOMES AND CARE

Sketch the ordinary week before the ideal future.

A child experiences care as feeds, sleep, handovers, school bags, appointments and the adults who reliably arrive.

01	How will care work in the first three months, including nights, feeding support and recovery from birth?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
02	What does an ordinary workweek look like at ages one, five and twelve?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
03	Who handles illness, appointments, school closures, holidays and emergencies?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
04	How will parental leave, childcare and invisible planning work be divided?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
05	How far apart can the homes be? What travel burden is reasonable for the child?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
06	What process applies if a parent wants or needs to relocate?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
07	How will the schedule change when the child's needs or stated preferences change?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____

05 / MONEY, WORK AND SUPPORT

Replace the word fair with numbers and responsibilities.

Income may differ. Time and care may differ. A child still needs predictable housing, food, health care, education and emergency cover.

01	Which regular costs will be shared, and by what formula?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
02	Who pays for fertility treatment, pregnancy care, birth and parental leave?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
03	How will childcare, health costs, education, activities and travel be handled?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
04	What happens if a parent loses work, becomes disabled or earns substantially more or less?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
05	What emergency fund, insurance and estate planning are needed?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
06	Which extended-family or paid-care support is real, available and consented to?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
07	Which financial duties can adults agree privately, and which are controlled by local law?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____

06 / CONCEPTION, HEALTH AND IDENTITY

Plan the clinical route and the child's story together.

Consent, screening and information about origins should be clear before treatment or conception begins.

01	Which conception route is being considered, and why does it fit the intended family structure?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
02	What medical, genetic, fertility and infection screening will each relevant adult complete?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
03	Who makes decisions during treatment and pregnancy, and where does the pregnant person's consent remain final?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
04	What happens if treatment fails, pregnancy is high risk or prenatal information is unexpected?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
05	How will donor or genetic-origin information be preserved and shared with the child?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
06	What language will the family use from early childhood to explain conception, parents and donors?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
07	Which questions require a licensed clinic, clinician or specialist counsellor?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____

07 / LAW AND DOCUMENTATION

Make sure the legal family can match the intended family.

Parentage, custody, support and donor status vary by jurisdiction and can depend on consent, timing, marriage and method of conception.

01	Who will be a legal parent at birth under the proposed conception route?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
02	Can the jurisdiction recognise more than two intended parents, if relevant?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
03	Are clinic consent forms, a preconception agreement, court order or adoption required?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
04	What will appear on the birth record, and who can consent to health care, school and travel?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
05	How are custody, child support and relocation treated if adults later disagree?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
06	Will the family structure be recognised after travel or a move to another jurisdiction?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
07	Does every adult have independent legal advice before conception?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____

08 / VALUES, FAMILY AND CHANGE

Discuss the subjects that surface after the baby stage.

Compatibility is not identical taste. It is the ability to make child-centred decisions without erasing one another's core commitments.

01	What approaches to health, education, discipline and a child's privacy are essential to each adult?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
02	How will culture, race, religion, language, gender and sexual identity be supported?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
03	What roles will grandparents, siblings, donors and other important adults have?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
04	How will new romantic partners be introduced, and can they affect homes or decisions?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
05	What happens if a parent has another child or forms a new household?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
06	Which decisions require unanimity, consultation or day-to-day discretion?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
07	How often will the adults review the plan as the child grows?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____

09 / CONFLICT AND DECISION SUMMARY

Do not aim for no conflict. Build a way through it.

The quality of repair, the ability to hear no and the willingness to seek appropriate help are stronger signals than perfect early agreement.

01	What happens when we disagree, and how long can an urgent decision remain unresolved?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
02	What signs tell us to use a mediator, counsellor, lawyer or court?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
03	Can each adult acknowledge a mistake and change course without retaliation?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____
04	What boundaries protect private information, the child's privacy and each household?	[ ] ALIGNED [ ] OPEN [ ] INCOMPATIBLE [ ] ASK A PROFESSIONAL Notes: _____

Three pressure tests

Discuss: (1) one parent loses their income, (2) one wants to relocate, and (3) the child needs a schedule different from the adults' original plan. Notice the reasoning process, not only the conclusion.

Our current summary

Aligned areas: _____

Open areas: _____

Incompatible areas: _____

Professional questions: _____

Next conversation date: _____

Independent professional appointments: _____

Decision: [ ] continue learning [ ] pause [ ] stop [ ] proceed to independent advice

Multipli is being built as a private, human-reviewed co-parent introduction service. It does not guarantee introductions or compatibility and does not replace independent legal, medical, fertility, financial or mental-health advice. Learn more at justmultipli.com.