

Documents to Prepare for Maintenance Mediation

A practical guide to the information that helps a maintenance mediation move efficiently — grounded in facts both parties can work from, not positions to defend.

Income documentation

- Recent payslips or proof of income (last 3 months, where possible)
- Latest income tax assessment (ITA34) or summary, if self-employed
- Details of any additional income (rental, investments, side income)

Household & child-related expenses

- School fees and related costs (uniforms, books, transport)
- Extramural activity costs (sport, music, tutoring)
- Medical aid contributions and typical out-of-pocket medical costs
- Accommodation costs relevant to the children (rent, bond contribution, utilities)
- General living costs attributable to the children (food, clothing, personal items)

Existing arrangements

- Any existing maintenance order, agreement, or informal arrangement
- A record of what has actually been paid or received, if there's a dispute about this

A note on approach

The goal of gathering these documents isn't to build a case against the other party — it's to ground the conversation in facts you can both work from. Bringing honest, realistic figures, rather than the most favourable version of your position, tends to produce a faster and more durable agreement.

This guide provides general information only and does not constitute legal or financial advice. Karen does not advise on legal entitlement to maintenance; where that certainty is needed, you will be guided towards your own attorney or the appropriate formal process.