

Superior Court of Washington, County of King

In re:

Petitioner/s (*person/s who started this case*):

Mathew Ralidak

And Respondent/s (*other party/parties*):

Veronika Goodnight

No. 25-2-11308-6

Declaration of

(*name*): Veronika Goodnight
(DCLR)

Declaration of (*name*): Veronika Goodnight

1. I am (*age*): 43 years old and I am the (*check one*): ☐ Petitioner ☒ Respondent
☐ Other (*relationship to the people in this case*): _____

2. I declare: 1. I am the mother of Elora, Aidan and Raina, and I have been their primary consistent caregiver since birth. I am responding to the Protection Order filed by Mathew Ralidak, which I believe is not only unfounded but harmful to the emotional well-being of our children.
2. Mathew has submitted a declaration containing references to sealed therapy notes from our children's sessions. I was deeply shocked and heartbroken to see statements allegedly made by my children—statements I had never heard before and which do not reflect the relationships I've consistently nurtured with them. I've only spanked Raina twice, the first time was for her safety and I immediately held and rocked her and said, "I love you, I'm sorry." Raina was regulated within 5min and it calmed her down to where she was safe again. The 2nd time I spanked Raina was April 3rd and I immediately wrote

Raina's therapist an email. **Please see email attached dated 4/3/25.** We do use a food app called Yuka. This is NOT to cut calories or food from our diets. As our children are not babies anymore I have encouraged them to be independent and feed themselves when they are hungry, with respect to our family sit down meals, they have the ability to eat avocados, oranges, apples, string cheese, salami, popcorn. The Yuka app is a free mobile app that analyzes the health impact of food and personal care products by scanning their barcodes. I was advised by Dr. Bowker, our children's primary care physician, to remove high fructose corn syrup and dyes for it was proposed that her stomach was hurting from the foods she eats at her father's house. I was also advised to limit dairy during school. **Please see emails to Robin Budig and Principal Frank requesting consistency with children's lunch and response to CPS report.**

3. These therapy records were never shared with me nor coordinated through our joint custody plan. Including them in litigation—despite being sealed—violates our children's privacy and undermines their trust in the therapeutic process. This action alone raises serious concerns about Mathew's willingness to protect their emotional health.

4. I ask the court to take judicial notice of previous findings in our parenting plans. Judge Ponomarchuk and Judge Rampersad both found that I am a safe, loving, and attentive parent. I have no history of drug use, alcohol abuse, or mental illness. These findings are further supported by the full mental health evaluation from Dr. Oreskovich and medical letters from Dr. Bowker, our children's long-standing primary care provider. **Please see provided Dr. Oreskovich mental health assessment and Dr. Bowker's declaration.**

5. I have obtained recent medical intake records from my children's provider portal that clearly show the father, Mathew Ralidak, provided the information listed. In his own words, he disclosed:

* That he uses spanking as a disciplinary method for all three children.

* That there is a gun present in the home, described as “locked in safe” and I know he has never gone through a gun safety course and the history of what I have known of Mat Ralidak is that he’s known nothing about guns.

* That the children experience “chronic stress at home” HIS home.

I also want to add that our youngest has said in these therapy notes that she lies and in the attached exhibits her father has also stated “lying frequently”

Please see attached “History Provided by Father”.

6. These are not my words, nor the children’s voices—these are Mat’s own admissions, recorded in formal medical documentation. These disclosures raise serious concerns for the emotional and physical safety of our children. The use of corporal punishment, especially when paired with access to a firearm, violates both Washington parenting plan standards and common-sense parenting safety guidelines. I’ve been honest about my spanking, even communicated to the therapist that evening. I am disappointed to read that the good I am implementing is not stated within these therapy notes. I use essential oils, EFT Tapping, calm down bracelets, I was the one to organize therapy for our children.

Please see attached emails with Dan Claussen of Larch Counseling organizing children’s therapy.


7. Additionally, Mat made these medical decisions and disclosures unilaterally, without notifying me or coordinating as required by our parenting plan. Mat has also documented false family history, numerous times, further undermining continuity of care. His behavior is part of a long-standing pattern of medical interference and controlling access to the children’s health and emotional support.

8. It is deeply alarming that the father would present a declaration accusing me of being unsafe while simultaneously disclosing—under his own authority—that he spansks the children and keeps a gun in his home. These contradictions call into question the credibility and intent behind his filing of the Protection Order.

(Number any pages you attach to this Declaration. Page limits may apply.)

I declare under penalty of perjury under the laws of the state of Washington that the facts I have provided on this form (and any attachments) are true. ☒ I have attached (number): 22 pages.

Signed at (city and state): Ouvall WA Date: 4/24/25

▶  Veronika Goodnight
Sign here Print name

Warning! Documents filed with the court are available for anyone to see unless they are sealed. Financial, medical, and confidential reports, as described in General Rule 22, **must** be sealed so they can only be seen by the court, the other party, and the lawyers in your case. Seal those documents by filing them separately, using a *Sealed* cover sheet (form FL All Family 011, 012, or 013). You may ask for an order to seal other documents.

From: KiT Spins kit@kitspins.com
Subject: Raina's Bedtime Behavior & Concerns Around Transition
Date: Apr 3, 2025 at 11:24:13 PM
To: Danielle Smith danielle@larchcounseling.com

Hi Danielle,

I wanted to share some recent challenges I'm experiencing with Raina, particularly around bedtime and emotional regulation, especially after time with her dad.

This week, I allowed Raina to spend two nights with her dad and Monica during what would normally be my parenting time. I made that choice to support their relationship and hoped it would be positive for her. However, at Elora's softball game, yesterday, I watched Raina use her connection with Monica in a way that felt emotionally manipulative. She was upset with me for not following her timeline, and she responded by sitting directly on Monica's lap in front of me. It really hurt, and I ended up going to my van to hide crying.

Tonight was my first night back with Raina. It was a great day. I picked her up early from school and surprised her with a tour of our new home and then we went to my aerial class with other kids. She played. Danced. It was a beautiful day. At home Colin and I let the kids stay up since it's my last night. We played Uno with the kids—it was fun and went well. I clearly explained that playing a game meant they'd need to go to bed right after. I followed our usual bedtime routine: sang their songs, rubbed Raina's back, cuddled with her and tried to be present and soothing. But Raina kept coming out of the room, escalating each time. Eventually, I went downstairs because I felt I couldn't keep giving attention to the behavior.

Colin allowed her to rest next to him on the couch briefly, but once he said it was time for bed (around 10:43), she began screaming—nonstop, intense “Mom! Mom! Mom!” shrieks. It's still going. Elora and Aidan can't sleep. I'm concerned the neighbors can hear. It's overwhelming.

I don't know if there's a direct connection to her sleeping at her dad's, but I've noticed that when the kids transition from his house, their behavior shifts significantly. Raina has always struggled at bedtime, but this is on a whole new level. It feels extreme, and I'm unsure how to help her through this in a way that's loving but also protective of the rest of the family's peace and emotional well-being. I've done everything. Spanks. Bedtime charts. Stickers. Taking away. Tapping. Essential oils. Snuggles. Songs. Reading. Stories. Tonight was traumatizing. And now tomorrow they leave for a week on their father's spring break time.

I'd appreciate any insights or suggestions you may have.

-Veronika

From: KiT Spins kit@kitspins.com
Subject: Re: Special Dietary Accommodations
Date: Jan 4, 2023 at 6:03:30 PM
To: Robin Budig budigr@rsd407.org
Cc: Andrea Kusters kustersa@rsd407.org, Kristina Schmoll
schmollk@rsd407.org, Mat Ralidak mralidak@gmail.com, Erika Dix
dixe@rsd407.org, Kelsey Bohl bohlk@rsd407.org

This is wonderful news!

Thank you so much for caring for our children!

Elora and Aidan have loved hot lunch and that's what they prefer. I'll let their teachers know that they'll be on hot lunches unless otherwise desired and I'll be sure to give notice if they want to bring lunch.

Thank you again for your care and respect to these dietary accommodations.

Mathew, I have added you onto this thread so you can have this information as well.

Thank you!
Veronika Goodnight

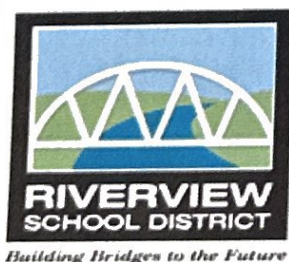
Sent from my iPhone

On Jan 4, 2023, at 9:07 AM, Robin Budig <budigr@rsd407.org> wrote:

Thank you for your request. I have forwarded this to the Carnation Kitchen. Kristina Schmoll is our cook at CE. She is ready to start serving your students as of today. Your students will need to let their teacher know on days they will be eating hot lunch. The meals are prepared specifically for your student's therefore advanced notice is required.

If you have any questions, please contact me.

Thank you,



Robin Budig

Program Assistant – Food Services

15510 1st Avenue NE, PO Box 519

Duvall, WA 98019

425.844.4523

budigr@rsd407.org

From: KiT Spins kit@kitspins.com
Subject: Request for Consistency with Children's Special Lunch.
Date: Dec 13, 2024 at 2:02:00 PM
To: Robin Budig budigr@rsd407.org
Cc: ND Stacy Bowker DrBowker@snovalleyholistic.com, Michelle Frank frankm@rsd407.org

Hi Robin,

I hope this message finds you well.

It's come to my attention that there may be some conflicting information regarding my children's lunch arrangements, specifically from their father, Mathew Ralidak. Today, I noticed Raina had milk and an Uncrustable, both of which her doctor has recommended avoiding due to their inflammatory effects.

As you know, it's important for our children's health and well-being to maintain consistency with their "special lunch." Dr. Bowker's recommendations—which I believe I sent over last year—are designed to prevent inflammatory responses that can impact their emotional and cognitive functioning. You've always been incredibly supportive of these guidelines, and I truly appreciate your understanding.

However, the lunch staff mentioned there is an email from Mat stating that the kids can have "special lunch" when they're with me but can eat anything they want when they're with him. I understand this may cause confusion, but it isn't your responsibility to track which household they're at. I apologize for the trouble this situation has caused and would like to

clarify this for the sake of our children's health.

Could you please share a copy of the email Mat sent regarding the different food guidelines for each household? Additionally, moving forward, I would like to request that all of my children remain on "special lunch" throughout the school year, regardless of whose care they are in. I will speak with Mat directly to remind him of Dr. Bowker's recommendations and reinforce the importance of consistency in their diet.

Thank you so much for your continued care and support with this matter. Your help ensures that my children (and their teachers) have the best possible days at school.

Warm regards,
Veronika Goodnight

From: KiT Spins kit@kitspins.com
Subject: Response to CPS Report & Reinforcement of My Commitment to
Children's Dietary Needs
Date: Feb 7, 2025 at 5:06:55 PM
To: Michelle Frank frankm@rsd407.org
Cc: Stacy Bowker ND DrBowker@snovalleyholistic.com

Dear Principal Frank,

I am writing to express my outrage and deep concern regarding the CPS report made against me, suggesting that my children "go hungry during mother's care."

This accusation is not only false but also incredibly harmful and insulting given the extensive steps I have taken to ensure my children receive safe, doctor-approved nutrition- steps I have clearly communicated to the school.

To be absolutely clear:

- * I have always followed Dr. Bowker's medical orders regarding my children's dietary needs.
- * I have consistently communicated with the school, including my email dated December 13, 2024, to you, Robin, and Dr. Bowker regarding the need for consistency with my children's special lunches, which you never responded to
- * I was proactive in ensuring my children were placed on a special lunch plan at school, aligned with their medical needs.
- * The other parent has a documented history of disregarding these medical orders, feeding our children unsafe foods.

This morning, after a week off due to snow and even dealing with a frozen door, I still made sure my children had a nutritious, balanced breakfast:

- ☒ The girls had two pieces of sourdough toast with avocado
- ☒ My son had gluten-free, dairy-free cereal (per medical necessity)
- ☒ On the way to school, they had organic applesauce pouches

I would like to know who at the school made this CPS report and on what basis

they determined that my children were “going hungry.” If there were actual concerns, why was I not consulted first? I have always been transparent and communicative with the school to ensure my children’s well-being.



I expect an immediate response clarifying why this report was made and what steps the school intends to take to prevent baseless, damaging accusations like this in the future. As an educational institution responsible for my children’s care during school hours, I would expect more diligence and fact-based decision-making before making such harmful claims.


Sincerely,

Veronika Goodnight

10:59





 Elora Switch ▾

Family History:

Problem: Alcohol abuse

Relation: Mother
Name: Veronika Goodnight
Comments:

Relation: Maternal Grandfather
Name: Tom Petra
Comments:

Problem: Diabetes

Relation: Paternal Grandmother
Name: Karen Passman
Comments:

Problem: Drug abuse

Relation: Mother
Name: Veronika Goodnight
Comments:

Relation: Maternal Grandfather
Name: Tom Petra
Comments:

Problem: Mental illness

Relation: Mother

10:59



Elora
Switch ▾

Relation: Maternal Grandfather
Name: Tom Petra
Comments:

Problem: Mental illness

Relation: Mother
Name: Veronika Goodnight
Comments:

Relation: Maternal Grandfather
Name: Tom Petra
Comments:

Tobacco History:

Question: Tobacco Use
Response: Never
Question: Smokeless Tobacco Use
Response: Never
Comments:

Substance and Sexual Activity
History:

Question: Alcohol Use
Response: Never

Question: Drug Use

**Well Child Assessment:**

History was provided by the father. Elora lives with her mother, father and stepparent (50/50 Custody). Interval problems include chronic stress at home.

Nutrition

Types of intake include cereals, cow's milk, eggs, fish, fruits, juices, junk food, meats and vegetables. Junk food includes candy, chips, desserts, fast food, soda and sugary drinks.

Dental

The patient has a dental home. The patient brushes teeth regularly. The patient does not floss regularly. Last dental exam was 6-12 months ago.

Elimination

There is no bed wetting.

Behavioral

Behavioral issues include lying frequently and performing poorly at school. Disciplinary methods include ignoring tantrums, praising good behavior, scolding, spanking, taking away privileges and time outs.

Sleep

Average sleep duration is 10 hours. The patient does not snore. There are no sleep problems.

Safety

There is no smoking in the home. Home has working smoke alarms? yes. Home has working carbon monoxide alarms? yes. There is a gun in home (Locked in safe).

School

Current grade level is 4th. Current school district is Riverview. There are signs of learning disabilities. Child is performing acceptably in school.

Screening

Immunizations are not up-to-date. There are no risk factors for hearing loss. There are no risk

**Well Child Assessment:**

History was provided by the father. Aidan lives with his mother, father and stepparent (50/50 custody). Interval problems include chronic stress at home.

Nutrition

Types of intake include cereals, cow's milk, eggs, fish, fruits, juices, junk food, meats and vegetables. Junk food includes candy, chips, desserts, fast food, soda and sugary drinks.

Dental

The patient has a dental home. The patient brushes teeth regularly. The patient does not floss regularly. Last dental exam was 6-12 months ago.

Elimination

Toilet training is complete. There is no bed wetting.

Behavioral

Behavioral issues include misbehaving with peers. Disciplinary methods include ignoring tantrums, praising good behavior, scolding, spanking, taking away privileges and time outs.

Sleep

Average sleep duration is 10 hours. The patient does not snore. There are sleep problems (Sleep walking).

Safety

There is no smoking in the home. Home has working smoke alarms? yes. Home has working carbon monoxide alarms? yes. There is a gun in home (Locked in safe).

School

Current grade level is 3rd. Current school district is Riverview. There are signs of learning disabilities. Child is performing acceptably in school.

Screening

Immunizations are not up-to-date. There are no risk factors for hearing loss. There are no risk

**Well Child Assessment:**

History was provided by the father. Raina lives with her mother, father and stepparent (50/50 custody). Interval problems include chronic stress at home.

Nutrition

Types of intake include cereals, cow's milk, eggs, fish, fruits, juices, meats, vegetables and junk food. Junk food includes candy, chips, desserts, fast food, soda and sugary drinks.

Dental

The patient has a dental home. The patient brushes teeth regularly. The patient does not floss regularly. Last dental exam was 6-12 months ago.

Elimination

Toilet training is complete. There is no bed wetting.

Behavioral

Behavioral issues include lying frequently and performing poorly at school. Disciplinary methods include time outs, praising good behavior, ignoring tantrums, taking away privileges, spanking and scolding.

Sleep

Average sleep duration is 10 (Waking up about 2-3 times a night) hours. The patient does not snore. There are no sleep problems.

Safety

There is no smoking in the home. Home has working smoke alarms? yes. Home has working carbon monoxide alarms? yes. There is a gun in home (locked in safe).

School

Current grade level is 1st. Current school district is Riverview. There are signs of learning disabilities. Child is performing acceptably in school.

Screening

10:03

LTE

< Inbox

12 Messages

Parenting plan

>



Dan Claussen

10/2/24

To: Veronika KiT~ Goodnight >

I forgot to ask, are you looking for a North Bend Therapist, or a Duvall one? Markus worked in both for a period:)

Dan Claussen, M.S LMFT, Founder and Director

P: [425.200.0130](tel:425.200.0130) | F: [425.209.0766](tel:425.209.0766)

larchcounseling.com

Confidentiality Notice:

Since email is not a totally confidential means of communication, please consider this as you communicate with me. While I make a reasonable effort to keep what is written private, it is suggested that very personal information be communicated by phone, on paper, or in person.

The information in this email, including attachments, may be confidential and/or privileged and may contain confidential health information. If you have received this email in error please notify me immediately - by return message to the sender and destroy all copies of this message and any attachments. Confidential health information is protected by state and federal law, including, but not limited to, the Health Insurance Portability and Accountability Act of 1996 and related regulations.

See More



Veronika KiT~ Goodnight

10/2/24

I would love Duvall please. But if north b...



10:03

LTE

< Inbox

12 Messages

Parenting plan

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If you would like to go forward with every other week on your time, we can see your two kids at \$45 per session. You would qualify under being the sol payer. We do not often bill insurance on these scholarships as taking away the admin process helps balance out the cost of the reduced fee. If the kids father does want to participate and bring them on his weeks, we would renegotiate and look at billing insurance.

If that happens, we would do our normal rate and bill insurance.

I am looping you back in with Alex, our intake coordinator to find a time that works with one of our therapist that can work with this dynamic. Alex, just keep me apprised of who they land with so I can keep them in the loop and get a scholarship form sent out for each child.

Alex, can you connect with Veronica to schedule the children (different therapist would be best) with one of the following therapist:



10:04

LTE 

 Inbox

12 Messages

Parenting plan



★ Alexandria Packard

10/8/24

To: Dan Cc: Veronika KiT~ >

Hi Veronika,

Happy to help! To start with our Duvall location, I've listed Mario, Danielle, and Elliott's availability below:

- Mario

- Weekly Wednesdays at 12pm
- Biweekly Mondays at 1pm

- Danielle

- Weekly Wednesday at 1pm or 1:30pm
- Weekly Thursdays at 12pm or 1pm
- Biweekly Mondays at 1pm or 3pm

- Elliott

- Weekly Tuesdays at 12pm and 1pm

Would any of these work? We can also schedule a call to discuss options if that's easier.

Warmly,



10:04

LTE

< Inbox

12 Messages

Parenting plan

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★ Veronika KiT ~ Goodnight

10/9/24

To: Alexandria Cc: Dan >

Good morning Alex,

Thank you Dan, so much for coordinating and thank you for prioritizing my children's health.

I see Mario and Danielle have biweekly Mondays which would be excellent if they land on my weeks. Mario stood out for me for Aidan and Danielle for Raina. By chance are they in the office this Monday the 14th?

All the best,

Veronika

Sent from my iPhone

On Oct 8, 2024, at 5:11 PM, Alexandria Packard <alexandria@larchcounseling.com> wrote:

See More



Alexandria Packard

10/9/24

Great news! It looks like Mario and Danie...



10:04

LTE

< Inbox

12 Messages

Parenting plan

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Alexandria Packard

10/9/24

To: Veronika KiT~ Goodnight >

Great news! It looks like Mario and Danielle's every-other week slots both line up at 1pm starting Monday, 10/14. I'm happy to get Aidan and Raina scheduled with them for that time slot. If you could send me their ages, I'll get the paperwork sent over to you shortly. It's all via adobe so no need to print anything.

Warmly,

On Wed, Oct 9, 2024 at 4:10 AM KiT Spins
<kit@kitspins.com> wrote:

Show Quoted Content

attachments. Confidential health information is protected by state and federal law, including, but not limited to, the Health Insurance Portability and Accountability Act of 1996 and related regulations.

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Alexandria Packard, M.S., LMFTA

P: [206.518.2849](tel:206.518.2849) | F: [425.209.0766](tel:425.209.0766)

larchcounseling.com

Confidentiality Notice:



10:05

LTE

< Inbox

12 Messages
Parenting plan



Found in Gmail Sent Mailbox



★ Veronika KiT~ Goodnight

10/9/24

To: Alexandria Packard >

This is so divine!! 🙏

Aidan is 8

Raina is 6

Thank you,

Veronika

Sent from my iPhone

On Oct 9, 2024, at 5:27 PM, Alexandria Packard <alexandria@larchcounseling.com> wrote:

See More



Alexandria Packard

10/10/24

Fantastic! I just sent over the intake pack...



Veronika KiT~ Goodnight

10/10/24

Are we confirming 10/14 at 1pm for both...

