



## PARENTING PLAN WORKSHEET

This Parenting Plan Worksheet is designed to give parents some ideas regarding possible approaches to developing a co-parenting plan for your child[ren]. Feel free to use this worksheet as a source of information and a means of sharing your co-parenting proposals with the other parent and your mediator.

This parenting plan is based upon the parents' joint recognition that each will be parenting the above child(ren) for the rest of his or her life and that it is in the best interests of the child(ren)'s psychological, emotional and physical well-being that both parents continue to share parenting responsibilities and privileges.

This form **does not** include every possible issue you may want to address. If you need more space than is provided, attach additional pages to the form.

### **INFORMATION ABOUT THE CHILD(REN)**

Full Name

Date of Birth

Sex

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### **PARENTING TIME SCHEDULE**

#### **Residence**

The child(ren)'s residence shall be: (check one of the following options)

- primarily at Mother's home.
- primarily at Father's home.
- shared between both parent's homes

**Weekday and Weekend Schedule.**

Our child[ren] will be in the care of **MOTHER**  
 (list days and times): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Our child[ren] will be in the care of **FATHER**  
 (list days and times): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

**Occasional Changes to Parenting Time Schedule.**

If a parent desires to make a one-time or short-term temporary change in the above parenting time schedule, the other parent shall cooperate to the extent possible, considering the child(ren)'s needs. The parent desiring the change shall not inform the child(ren) about the change until the parents have agreed upon the change.

**Summer Schedule.**

*Choose one:*

The schedule described above in Section 2.1 will continue throughout the summer except that

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**OR**

The schedule for time with our child[ren] will be different during the summer than it is during the school year (describe below):

Our child[ren] will be in the care of **MOTHER**

(list days and times): \_\_\_\_\_

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Our child[ren] will be in the care of **FATHER**

(list days and times): \_\_\_\_\_

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**Holiday Schedule.**

The following holiday schedule will take priority over the regular weekday, weekend, and summer schedules discussed above. If a holiday is not specified as even, odd or every year with one parent, then our child[ren] will remain with the parent they are normally scheduled to be with. (*Check one or both*):

When parents are using an alternating weekend plan and the holiday schedule would result in one parent having the child[ren] for three weekends in a row, the alternating weekend pattern will restart, so neither parent will go without having the child[ren] for more than two weekends in a row.

[ ] If a parent has our child[ren] on a weekend with an unspecified holiday or non-school day attached, they shall have our child[ren] for the holiday or non-school day.

Fill in the following blanks with the parent's name to indicate where the child[ren] will be for the holidays. Provide beginning and ending times.

<u>Holidays</u>	<u>Even Years</u>	<u>Odd Years</u>	<u>Every Year</u>	<u>Beq/End Times</u>
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Martin L. King Day

President's Day

Easter

Mother's Day

Memorial Day

Father's Day

4th of July

Labor Day

Halloween

Veteran's Day

Thanksgiving

Christmas Eve\*

Christmas Day\*

New Year's Eve\*

New Year's Day\*

*\* For Thanksgiving through New Year's Day, provide additional details below*

**Thanksgiving:** Details for sharing time with the child[ren] during this holiday are:

**Christmas:** Details for sharing time with the child[ren] during this holiday are:

**New Years Eve/Day:** Details for sharing time with the child[ren] during this holiday are:

**Holiday Schedule:**

**Winter Break:**

**Spring Break:**

**Other school holidays:**

**Vacation Time:**

Each parent/Mother/Father shall be entitled to take the child(ren) out of town as often as desired on his or her scheduled parenting time or at other times agreed upon between the parents;

Each parent/Mother/Father shall be entitled to take the child(ren) out of town for up to a total of \_\_\_ days/weeks per year, and this out of town time shall supercede the above parenting time schedule;

The scheduling of the above travel and vacation times shall be by mutual agreement of the parents. The parent seeking travel or vacation time shall advise the other parent at least \_\_\_\_\_ days/months before the proposed dates so that the parents have time to agree on the actual dates.

Each parent/Mother/Father shall be entitled to take vacation time without the child(ren) (out of town or at home) during his/her scheduled parenting time and the other parent shall be responsible for the child(ren) for up to \_\_\_ days/weeks per year. Such vacation time shall be at times agreed upon between the parents. Neither parent shall tell the child(ren) about a proposed vacation for the child(ren) without first discussing the dates and destination with the other parent.

**Other:**

**Birthdays:**

**Each Child's Birthday:**

**Either Parent's Birthday:**

**Alternative Care:**

If the parent who is scheduled to be responsible for the child(ren) is not able to be with and care for the child(ren) (check one of the following options and fill in the blank)

s/he shall be responsible for arranging alternate care for the child(ren).

s/he shall first ask the other parent to care for the child(ren). If the other parent is not able to care for the child(ren), the parent who is scheduled to be responsible for the child(ren) shall be responsible for arranging alternate care for the child(ren).

the other parent shall be responsible for the child(ren).

**Temporary changes to Schedule:**

**SPORTS PROGRAMS, MUSIC LESSONS, OTHER ORGANIZED ACTIVITIES**

Major decisions regarding the child(ren)'s participation in sports programs, music and other lessons, and other organized activities outside the regular school day shall be made: (check one of the following options)

- jointly by agreement of both parents.
- by Mother.
- by Father.
- by the parent who will be responsible for the child(ren) when the activity is scheduled to occur.

Major decisions in this area shall be defined as follows: (check as many of the following as desired)

- Whether the child(ren) shall participate or continue to participate in particular sports programs; and
- Whether the child(ren) shall take or continue to take music or other lessons or classes; and
- Whether the child(ren) shall participate or continue to participate in (describe) \_\_\_\_\_;
- and
- Whether the child(ren) shall participate or continue to participate in (describe) \_\_\_\_\_.

When making decisions in the above area jointly by agreement of both parents, each parent shall provide to the other parent any and all information which s/he may have about the activity under consideration. Such information shall include the cost of the activity and any equipment required for the activity, the regular schedule for the activity, any possible additions to the activity and the expected cost of same (such as tournaments, competitions and tours), and any possible out of town travel associated with the activity.

A parent shall not enroll the child(ren) in any activities which are scheduled to occur during the time when the other parent is responsible for the child(ren) without the agreement of the other parent.

**CHILD CARE**

Major decisions regarding child care required during one or both parents regular work schedule shall be made: (check one of the following options)

- jointly by agreement of both parents.
- by the parent who is responsible for the child(ren) at the time when such care is needed.

Major decisions in this area shall be defined as follows: (check as many of the following as desired)

- Selection of work-related child care provider(s); and
- Other –(describe)

**GUIDELINES, EXPECTATIONS and DISCIPLINE**

Major decisions regarding guidelines and/or expectations for the child(ren) and consequences and/or discipline for major infractions shall be made: (check one of the following options)

jointly by agreement of both parents.

by the parent who is responsible for the child(ren) at the time when such care is needed.

**Major decisions in this area shall be defined as follows: (describe as many as desired)**

(Describe)

(Describe)

(Describe)

**The parents shall also cooperate to establish consistent expectations and routines for the child(ren).**

(Check any desired options below, and describe:)

Homework:

Curfews:

Bed-times:

Phone Restrictions:

Chores:

Other (describe):

All Other Decisions

Decisions which are not included above shall be made by either parent.

**DECISION-MAKING**

**Day-to-Day Decisions.**

Each parent will make day-to-day decisions regarding the care and control of our child[ren] during the time they are caring for our child[ren]. This includes any emergency decisions affecting the health or safety of our child[ren].

**Major Decisions.**

Major decisions include, but are not limited to, decisions about our child[ren]'s education, non-emergency healthcare and religious training. (*Choose one*):

Both parents will share in the responsibility for making major decisions about our child[ren]. This arrangement is known by the courts as **Joint Custody**.

**OR**

(name parent) \_\_\_\_\_ shall have sole decision-making authority on major decisions about our child[ren]. This arrangement is known by the courts as **Sole Custody**,

**AND** (*choose one*)

(name parent) \_\_\_\_\_ shall always consult with the other parent prior to making major decisions.

(name parent) \_\_\_\_\_ shall have the option to consult with the other parent prior to making major decisions.

**OR**

Other — Describe how major decisions will be handled:

**INFORMATION SHARING**

**Unless there is a court order stating otherwise:**

Both parents are entitled to important information regarding our child[ren], including but not limited to, our child[ren]'s current address and telephone number, education, medical, governmental agency, psychological and law enforcement records.

Information about our child[ren]'s progress in school and any school activity is equally available to both parents. Both parents are encouraged to consult with school staff concerning our child[ren]'s welfare and education.

Both parents will immediately notify each other regarding any emergency circumstances or substantial changes in the health of our child[ren].

Both parents will provide each other with contact numbers and addresses and will notify each other of any change in that information within 72 hours of such a change. If either parent takes our child[ren] from their usual place of residence, they will provide the other parent with an emergency contact phone number.

**RELOCATION OF A PARENT**

If either parent plans to move more than sixty (60) miles away from the other parent, they will notify the other parent and provide written notice to the court at least 60 days prior to the move unless a court has ordered this information need not be given.

Regardless of any decision-making provision of this Parenting Plan, **a parent whose relocation would disrupt the other parent's scheduled time with the child[ren] may not change the Parenting Time Schedule (Section 2) without the agreement of the other parent.** If there is no agreement, then any change must be ordered by the court.

**EXCHANGE OF OUR CHILD[REN]**

*Choose one:*

Both parents will share equally in the responsibility of exchanging our child[ren] from one parent to the other while parents continue to reside in the same locale.

**OR**

Procedures for exchanging our child[ren] (details):

Both parents shall have the child[ren] ready on time with sufficient clothing packed and ready at the agreed-upon time of the exchange. All clothing that accompanied our child[ren] shall be returned to the other parent.

**MUTUAL RESPECT**

Parents will not say things or knowingly allow others to say things in the presence of our child[ren] that would take away our child[ren]'s love and respect for the other parent.

**OTHER TERMS**

Add any other items regarding the child[ren] you would like to include in your Parenting Plan. [ ]  
Additional sheets are attached.

**DISPUTE RESOLUTION**

*Choose one:*

[ ] Parents will first attempt to cooperatively resolve any disputes that may arise over the terms of this Parenting Plan. If that attempt fails, parents will try:

[ ] mediation, or

[ ] other dispute resolution method (describe):

\_\_\_\_\_. As a last resort, the dispute shall be resolved through court action.

**OR**

[ ] Mediation or other dispute resolution method will *not* be required prior to filing a court action.



**ADDITIONAL PARENTING TIME WORKSHEETS:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

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