

# Parenting Plan Worksheet

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*Please complete the following worksheet. You may want to review the form before completing it and you do not have to complete every section. Feel free to use this document as a brainstorming tool and create your own options. Studies have shown that conflict between parents is the most significant cause of adjustment difficulties for children of divorcing families. Therefore, the parenting plan is the most important part of your divorce, and the chance for each parent to be their better self.*

Date: \_\_\_\_\_ Parent(s) Completing: \_\_\_\_\_

Co-parenting goals:

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This parenting plan applies to the following children:

Child's Name	Age

**MOVING:** *It is required by law that the following provision be included in your judgment:*

**“Neither parent shall move to a residence more than 60 miles further distant from the other parent without giving the other parent reasonable notice of the change of residence and providing a copy of such notice to the court. However, a parent may ask the court for an order for good cause suspending the notice requirement pursuant to ORS 107.159.”**

While the statute provides for a 60 mile distance, you may select a different distance to include in your judgment. You may also select a specific number of days notice that is required. If you want a shorter distance, a specific number of days notice, have concerns about either parent moving, or know already that you or your spouse will be moving, include that information here:

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## PARENTING PLAN PROVISIONS

You will need to set out schedules for:

- a. The regular daily/weekly schedule for the school year;
- b. The summer;
- c. Vacations; and
- d. For holidays.

See the following discussions for more information on developing these schedules.

**SCHOOL YEAR PARENTING PLAN SCHEDULE:** Where will the children be each day? From what time to what time? With which parent?

Some families use a ‘traditional divorce’ model of children being with one parent every other weekend and perhaps an evening during the week or every other week, and with the other parent the rest of the time. Some families alternate weeks (generally only older children). Some use a two-week plan of 1-3 nights one week and 3-5 nights the next. Parents with young children may have a plan where both parents see the children every day.

Be creative based on your children’s school schedule, your work schedule, regularly scheduled activities, etc. Consider what both parents do best and what activities you each regularly participate in with your children. Although you, as parents, know your children better than anyone else, keep in mind that recent research has shown that it is beneficial to children to have the greatest amount of access to both parents, with the least amount of transition. Your task is to find the balance that works best for your newly configured family. And, because children’s needs change as they grow and develop, it is acceptable – and in the case of younger children, highly desirable – to revisit the parenting plan every two or three years, as needed. If you need assistance, we have a parenting expert available.

Child support is adjusted according to how much time each parent has with the children. Please do not let this sway your rationale for choosing any particular schedule to meet your children’s needs. Choose what works best for your children. Then address the financial issue, if need be.

Feel free to use the following table and/or the “Description” area below to create your own plan.

**Key:** Use “**M**” for Mother and “**F**” for Father

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
Night							
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
Night							

Description:

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For purposes of the school year schedule, parenting times will begin and end as follows (if not already designated above):

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### SCHEDULE FOR DECEMBER HOLIDAY VACATION

Choose one option : *If you choose the even/odd designation we assume you will alternate years.*

- The children will reside with  Mother  Father for the first half of the December Holiday vacation in  even  odd years  every year, and with the other parent the remainder of the vacation.
- The children will reside with  Mother  Father from the time school adjourns through  Christmas Eve at \_\_\_\_\_ pm, **OR**  Christmas Day at \_\_\_\_\_  am  pm, and with  Mother  Father until school resumes in  even  odd years  every year.
- Other:

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### SCHEDULE FOR SPRING VACATION: Choose one:

- The children will reside with  Mother  Father during spring vacation.
- During spring vacation, the child(ren) will alternate parental residences: Mother in  odd  even numbered years and Father in  odd  even numbered years.
- No spring vacation, provision; continue regular parenting plan.
- Other:

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**SUMMER SCHEDULE** Where will your children be during the summer? Often during the summer, the children are with one parent or the other for week long periods that either run consecutively, or are divided by time with the other parent. Schedules usually consider summer school, camps, time with relatives, whether one parent lives out of state, a parent's work schedule and vacation allowance, etc. If one parent is having the children for most of the summer or a large block of time (1-2 weeks for a young child, 4-10 weeks for an older child), you may want to plan in a visit with the other parent. Sometimes, families will choose to continue the school year plan through the summer.

- Summer Plan Description:

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- No summer plan. Continue the school year plan during the summer.

**VACATION SCHEDULE:** Sometimes parents want to include a vacation provision, or prefer to eliminate the summer provision and just go with a vacation provision. Choose one:

For vacation time,  each parent  Mother  Father shall be have:  one  two vacation time periods lasting \_\_\_\_ consecutive days **with** the minor children during each calendar year, *and*

one  two vacation time periods lasting \_\_\_\_ consecutive days **without** the children each calendar year with the care of the children being the responsibility of the non-vacationing parent.

Each parent shall give the other at least  30 days  \_\_\_\_ days notice prior to designating their vacation schedule. Any vacations planned with less than the required notice shall be subject to the consent of the non-vacationing parent.

No vacation provision.

Other

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**HOLIDAY PARENTING PLAN SCHEDULE:** When creating a holiday plan, you might want to consider if you and your children would prefer to have a plan that is the same every year – establishing a tradition of sorts, or if you want to alternate holidays, or some combination of the two. The holidays listed are only examples. They all do not need to be included in a plan, or you may want to include different days. Consider your family traditions. How about extended family? Are your children used to spending Thanksgiving with grandparents?

Holiday	Mother Odd	Mother Even	Father Odd	Father Even	Other
New Year's Day					
Martin Luther King Day					
President's Day					
Easter					
Pesach					
Mother's Day					
Memorial Day					
Father's Day					
Independence Day					
Labor Day					
Rosh Hashanah					
Yom Kippur					
Halloween					
Thanksgiving Day					
Hanukkah					

Holiday	Mother Odd	Mother Even	Father Odd	Father Even	Other
Christmas Eve					
Christmas Day					
Other:					
Other:					
Other:					
Other:					

For purposes of holiday schedule, parenting times will begin and end as follows:

- Holidays which fall on a Friday or Monday will include Saturday and Sunday.
- Weekend parenting time next to a Friday or Monday school/ legal holiday will include the adjacent Friday or Monday holiday.

**PARENT BIRTHDAYS:** *Choose one:*

- Each parent shall have the option of having the child for  a \_\_\_\_\_ hour visit  all day on that parent’s birthday, if the child is not already with the parent on that day.  The timing of the visit shall be arranged with at least \_\_\_\_\_ days/weeks notice to the other parent.
- No parent birthday provision.
- Other:

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**CHILD BIRTHDAYS:** *Choose one or more options:*

- The parents may hold birthday parties for the child in alternating years, with Mother holding the party in  even  odd numbered years and Father holding the party in  even  odd numbered years.
- The parents will alternate the child’s birthday with Mother in  even  odd numbered years and Father in  even  odd numbered years.
- The regular parenting plan will continue.
- The non-host parent  will  will not have the right to attend the celebration.
- The child will spend \_\_\_\_\_ hours with the non-hosting parent on the child’s birthday. Pick-up and drop-off times will be agreed upon by the parents taking into consideration party plans and school and work schedules.
- Other:

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**CONFLICTING DATES:**

Include a Conflicting Date provision in the following order of priority unless otherwise agreed to by the parents: 1) holiday schedule, 2) vacation, 3) summer, and 4) regular parenting time schedule.

Other/Modify:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

No conflicting date provision.

**TRAVEL:** *Choose the options that apply:*

The parent with whom the children are traveling or who arranged for the child(ren)s out-of-town travel shall provide the other parent with a contact number where a message can be left or where the children can be reached.

The children shall not be taken out of the country without the written permission of the non-traveling parent, or both parents if the child is not traveling with a parent. Such consent shall not be unreasonably withheld. Specific documentation and entry requirements for individual countries can be found at <http://travel.state.gov/>.

Other:

\_\_\_\_\_  
\_\_\_\_\_

**TRANSPORTATION:** *If it hasn't already been designated in your School year and Holiday plans, you may want to designate who will be transporting the children at the beginning and end of the parenting time periods. Here are some options:*

Mother  Father picks up the children at the beginning of the parenting time periods.

Mother  Father picks up the children at the end of the parenting time periods.

Each parent provides transportation to  his/her own home  to the other parent's home.

The parents will cooperate and agree upon transporting the children during parenting time.

Other:

\_\_\_\_\_  
\_\_\_\_\_

**SCHOOL / DAYCARE:**  Include a provision stating what school the child will attend.

Child	School

Generally, changes to this schooling or daycare arrangement will be made by parental agreement. However, you may choose to designate either  Mother or  Father to make this decision.

Each parent usually assumes the responsibility to be in contact with the appropriate sources of information regarding a child's school, sports, and extracurricular activities when the child is in that parent's care. Information concerning a child's schooling and/or extracurricular activities, should be provided to the other parent in a timely manner by the parent that receives it. This will include report cards, progress reports, homework, information concerning school pictures, school programs in which the children participate, schedules and schedule changes, name and phone number of the activity leader if available, and parent related activities (parent-teacher conferences, back to school night, etc.)

Each parent typically may visit with a children at school, attend the children's school activities (such as open house or sports activities), and have full access to school teachers and administrators for complete information about the children in school.

If the above described typical practices do not fit your circumstances, please describe your alternative arrangement:

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**MORE ABOUT EXTRACURRICULAR ACTIVITIES:** Generally, both parents may attend any activity in which your children participates. Each parent is usually free to schedule any activity that occurs exclusively during their own time with the children. However, each parent should be respectful of the time of the other parent. This means that you should consult with your co-parent before scheduling an activity that occurs during that parent's time. To do otherwise may create needless conflict between co-parents and, more importantly, set your children up for disappointment. Obviously there will be times when even the best laid plans do not work out and the children will have to miss a game, performance, or social function. However, those disappointments should not arise because of a failure to communicate or a conflict between the co-parents.

Please describe any specific provisions for scheduling and attending extracurricular activities:

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### USE OF AN AUTOMOBILE

- The parents will consult regarding driving decisions, driving lessons and insurance. If the parents are unable to reach an agreement, they will  address the issue with a mediator  Mother will make the decision . Father will make the decision.
- No automobile provision.

### HEALTH CARE FOR YOUR CHILDREN

It is required by law that a provision is included in your judgment requiring each parent to immediately notify the other party of any emergency circumstances or substantial changes in the health or safety of a child.

Your child's medical and dental care is important and each parent is encouraged to work with the other to make certain that the health care needs of the children are met. As required by Oregon law, each parent shall also have full access to medical, dental, and psychological records and care providers, as well as access to any government records concerning the children. Each parent should inform the other parent in a timely manner of medical and dental appointments scheduled for the children and both parents may attend any medical appointments that the child might have. Since it is typical, because of work demands, for only one parent to attend routine medical appointments, the parent who accompanies the child should be prepared to discuss the results of the exam with the other parent. If there is a major health issue or emergency, both parents will probably want to attend the appointment/procedure.

An additional, and very difficult issue, arises when a child is having emotional and/or behavioral problems. Should that unfortunate event occur, both parents should be prepared to participate extensively in their child's treatment and both parents should expect that the treatment will be difficult. Most importantly, both parents should expect this process to test their co-parenting relationship. However, it is at this point that parenting together is critical for the well-being of your children.

- Describe those provisions regarding health care that differ from the generalities outlined above:

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- The children shall be medically cared for by the following healthcare providers:

Child	Physician	Dentist

Changes to these designations will be made by  Mother  Father  Both parents by agreement.

***If a child is sick, do you want to:***

- Each parent will care for child during his/her scheduled parenting time.
- Mother  Father will care for the child, unless otherwise agreed upon by the parents.
- Other:

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**CHILDCARE** (other than regular daycare) *Choose the options that apply:*

- Each parent shall be responsible for making their own childcare arrangements for the temporary alternate care of the children.
- If the parent with whom the children is in residence is going to be absent for a period of \_\_\_\_\_ hours, the other parent shall be given the right of first refusal to care for the child.
- Other:

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## RELIGIOUS UPBRINGING

- The following provision is made with respect to the children's post divorce religious upbringing:

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- No religious upbringing provision.

## OTHER RELATIONSHIPS

- If either of the parents should become incapacitated by reason of illness or misfortune, or if either of the parents should die, the remaining parent will ensure that the children shall continue to have contact with the extended family of the affected parent.

- Exceptions: \_\_\_\_\_

- Other: \_\_\_\_\_

- No relationship provision.

## CHILDREN'S TOYS—BELONGINGS—CLOTHING

- The parents recognize that the children may have particular attachments to certain belongings and will respect the children's right to have such belongings transfer with them between parents.

- No toys/belongings provision.

## COMMUNICATING WITH PROFESSIONALS: *Choose the options that apply:*

- The parents will meet jointly with physicians, educators, psychologists, law enforcement authorities, or other professionals as needed regarding child related problems. This provision does not preclude either parent from meeting separately with such professionals, but each will inform the other of such meetings in advance, whenever possible, and always as soon as possible.

- Other: \_\_\_\_\_

- No problem solving provision.

## COLLABORATION / MEDIATION

If the parents cannot resolve a dispute under this agreement by separate discussion and negotiation, then as a condition precedent to seeking a court order of any kind, the parents will mediate their dispute with the assistance of a collaborative professional, mediator, or another having expertise in family and child custody issues agreed upon by the parties. This makes sense because the court will require parents to attempt mediation before allowing a hearing on any disputed matter.

Either parent may determine if collaboration or mediation is necessary in order to resolve conduct issues and such parent shall give written notice that he or she intends to invoke this clause. Both parents shall attend a meeting with the assisting professional(s) as soon as the assisting professional(s) as soon as an appointment is available.

Cost:

- The parent who first invokes the clause shall be initially responsible for any costs associated with the dispute resolution session pending agreement made by the parties or Court Order.
- The parties will bear this expense equally.
- The parties will bear this expense as follows: Mother \_\_\_\_\_ % Father \_\_\_\_\_ %.
- Other: \_\_\_\_\_
- No detailed Collaboration/Mediation provision.

**COMMUNICATION:** *Check all that apply:*

- The parents agree to meet in a calm, quiet, uninterrupted environment to discuss any child related problem

The parents will communicate with each other via:

- Telephone
- Email             Communication book             Other: \_\_\_\_\_
- No provision.
- Each parent shall have the unlimited right to correspond with the child(ren) and to telephone him/her during reasonable hours.
- Other: \_\_\_\_\_

**SPECIAL EDUCATION/PRIVATE SCHOOLING**

- The following provision is made with respect to the children and any special or private schooling:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- No special or private schooling provision.

**ANY OTHER PROVISIONS THAT YOU WOULD LIKE?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Parenting Plan Options

### Every Other Weekend + Weekly Midweek Overnight

- Friday-Sunday pm; Wednesday pm-Thursday am
- No Separation greater than 6 days
- Parent A engages in school & homework
- Parent B has regular mid-week evening off-duty
- No transition & conflict Wednesday evening
- 28% timeshare

### Every Other Extended Weekend + Midweek Overnight

- Same as 28% above, with weekend to Monday am
- Parent A assumes more responsibility for homework.
- Potential for conflict eliminated with school and daycare pickups
- Form of shared custody without equal time
- 36% timeshare

### Sunday to Thursday - Parent A; Thursday to Sunday - Parent B

- One transition per week
- Parent A monitors school, homework
- Parent A has no leisure time with child
- Parent B has mostly leisure time, no school
- 43% timeshare

### Alternating Half Weeks

Two transitions a week/50% timeshare

#### *Week 1*

- Sunday evening to Wednesday morning (Parent A)
- Wednesday afternoon to Sunday evening (Parent B)

#### *Week 2*

- Saturday evening to Wednesday morning (Parent A)
- Wednesday afternoon to Saturday evening (Parent B)

### Split Mid-weeks & Every Other Weekend

- Parent A: Mon pm-Wed am each week
- Parent B: Wed pm - Friday am each week
- Every other weekend to Monday am
- Consistent midweek residence each week
- All transitions at school or daycare to avoid conflict.
- No separation greater than five days • 50% timeshare
- Separation length acceptable for most children age 5 or older
- Each residence provides clothing, equipment
- Both parents involved in school, activities, play
- May not work for children with physical and learning disabilities, difficult temperament
- 5-5-2-2 pattern
- 50% timeshare

### **Midweek and All Weekends Split**

- Fri pm-Sat pm or Sun am; Sat pm - Sun pm or Mon am; Midweek divided as described above
- No separation from parents greater than 3 days
- More appropriate for preschool or two year old
- Often an interim schedule until child is 5 or 6
- Weekend transitions may be problem for high conflict

### **Alternating Weeks**

- Ex: Friday after school - next Friday morning
- 7 day separation stresses younger children (<6-7)
- Minimum number of transitions per month
- Parent and children can settle into a routine
- Lessons & activities may be a problem
- Adolescents may want 2 week or monthly rotation
- Eliminates face-to-face parent conflict

### **Alternating Days-** (Ex: Monday after school - Tuesday morning)

- Parent A picks up at end of school Monday - returns to school Tuesday am
- Parent B picks up from school Tuesday and returns to school on Wednesday, etc.
- Parent can continue through weekend or have a designated weekend plan.
- Provides daily contact with each parent
- Multiple transitions for the children