

## Parenting Plan Worksheet

Consider the following when you are preparing your formal parenting plan:

### I. **Basic Residential Schedule**

#### **Mother**

Check off the days and times the children will reside with their mother.

Mondays  
All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm

Tuesdays  
All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm

Wednesdays  
All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm

Thursdays  
All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm

Friday  
All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm

Saturdays  
All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm

Sunday  
All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm

-or-

At all times when they are not scheduled to be in their father's care

#### **Father**

Check off the days and times the children will reside with their father.

Mondays  
All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm

Tuesdays  
All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm

Wednesdays  
All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm

Thursdays  
All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm

Friday  
All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm

Saturdays  
All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm

Sunday  
All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm

-or-

At all times when they are not scheduled to be in their mother's care

## II. Basic Visitation Schedule

### Mother

The children will spend time with their mother according to the following schedule:

Mondays	All Day	From _____ am/pm to _____ am/pm
Every week		Week 1      Week 2
Week 3		Week 4      Week 5
Tuesdays	All Day	From _____ am/pm to _____ am/pm
Every week		Week 1      Week 2
Week 3		Week 4      Week 5
Wednesdays	All Day	From _____ am/pm to _____ am/pm
Every week		Week 1      Week 2
Week 3		Week 4      Week 5
Thursdays	All Day	From _____ am/pm to _____ am/pm
Every week		Week 1      Week 2
Week 3		Week 4      Week 5
Fridays	All Day	From _____ am/pm to _____ am/pm
Every week		Week 1      Week 2
Week 3		Week 4      Week 5
Saturdays	All Day	From _____ am/pm to _____ am/pm
Every week		Week 1      Week 2
Week 3		Week 4      Week 5
Sundays	All Day	From _____ am/pm to _____ am/pm
Every week		Week 1      Week 2
Week 3		Week 4      Week 5

### Father

The children will spend time with their father according to the following schedule:

Mondays	All Day	From _____ am/pm to _____ am/pm
Every week		Week 1      Week 2
Week 3		Week 4      Week 5
Tuesdays	All Day	From _____ am/pm to _____ am/pm
Every week		Week 1      Week 2
Week 3		Week 4      Week 5
Wednesdays	All Day	From _____ am/pm to _____ am/pm
Every week		Week 1      Week 2
Week 3		Week 4      Week 5
Thursdays	All Day	From _____ am/pm to _____ am/pm
Every week		Week 1      Week 2
Week 3		Week 4      Week 5
Fridays	All Day	From _____ am/pm to _____ am/pm
Every week		Week 1      Week 2
Week 3		Week 4      Week 5
Saturdays	All Day	From _____ am/pm to _____ am/pm
Every week		Week 1      Week 2
Week 3		Week 4      Week 5
Sundays	All Day	From _____ am/pm to _____ am/pm
Every week		Week 1      Week 2
Week 3		Week 4      Week 5

III. **Holidays**

**New Year's Eve** All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**New Year's Day** All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**Easter** All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**Passover** All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**Memorial Day** All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**July 4<sup>th</sup>** All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**Labor Day** All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**Thanksgiving** All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**Christmas Eve** All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**Christmas Day** All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**Other:** \_\_\_\_\_ All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**Other:** \_\_\_\_\_ All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**Other:** \_\_\_\_\_ All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

IV. **Special Occasions**

**Mother's Day** All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**Father's Day** All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**Birthdays** (include each family member's birthday)

\_\_\_\_\_ All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

\_\_\_\_\_ All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

\_\_\_\_\_ All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

\_\_\_\_\_ All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

\_\_\_\_\_ All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

\_\_\_\_\_ All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**Other:** \_\_\_\_\_ All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**Other:** \_\_\_\_\_ All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**Other:** \_\_\_\_\_ All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

**Other:** \_\_\_\_\_ All Day From \_\_\_\_\_ am/pm to \_\_\_\_\_ am/pm  
Mother: Every Year Even Years Odd Years  
Father: Every Year Even Years Odd Years

IV. **School Holidays During the Academic Year**

**Winter Break**

We will continue with the regular residential and visitation schedule outlined in sections 1-IV.

The children will spend part of winter break with \_\_\_\_\_,  
starting at \_\_\_\_ am/pm \_\_\_\_\_,  
and ending at at \_\_\_\_ am/pm \_\_\_\_\_.

The children will spend part of winter break with \_\_\_\_\_,  
starting at \_\_\_\_ am/pm \_\_\_\_\_,  
and ending at at \_\_\_\_ am/pm \_\_\_\_\_.

The children will spend all of winter break with their mother.  
Every year      Even Years      Odd Years

The children will spend all of winter break with their father.  
Every year      Even Years      Odd Years

**Spring Break**

We will continue with the regular residential and visitation schedule outlined in sections 1-IV.

The children will spend part of spring break with \_\_\_\_\_,  
starting at \_\_\_\_ am/pm \_\_\_\_\_,  
and ending at at \_\_\_\_ am/pm \_\_\_\_\_.

The children will spend part of spring break with \_\_\_\_\_,  
starting at \_\_\_\_ am/pm \_\_\_\_\_,  
and ending at at \_\_\_\_ am/pm \_\_\_\_\_.

The children will spend all of spring break with their mother.  
Every year      Even Years      Odd Years

The children will spend all of spring break with their father.  
Every year      Even Years      Odd Years

**Additional School Holidays**

We will continue with the regular residential and visitation schedule outlined in sections 1-IV.

If a school holiday takes place on a Friday or a Monday, the children will stay with the parent with whom they were scheduled to reside during that weekend.

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

VI. **Summer Vacation**

We will continue with the regular residential and visitation schedule outlined in sections 1-IV.

The children will spend \_\_\_\_ weeks with \_\_\_\_\_ during the summer.

Beginning \_\_\_\_\_ and ending \_\_\_\_\_

During this time, the children will visit with \_\_\_\_\_ according to the following schedule: \_\_\_\_\_

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

VII. **Transportation** (Detail who will be responsible for transporting the children to and from each visit.)

**Weekday Visits**

The exchange will take place at: \_\_\_\_\_  
\_\_\_\_\_ is responsible for providing transportation.

Stipulations: \_\_\_\_\_

\_\_\_\_\_  
(For example, the parent who is dropping off a child must come alone.)

**Weekend Visits**

The exchange will take place at: \_\_\_\_\_  
\_\_\_\_\_ is responsible for providing transportation.

Stipulations: \_\_\_\_\_

\_\_\_\_\_  
(For example, the parent who is dropping off a child must come alone.)

**Special Considerations**

\_\_\_\_\_ is responsible for the cost of air or rail travel as needed to fulfill the custody and visitation schedule.

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

\_\_\_\_\_

**Travel Safety**

\_\_\_\_\_ must be secured in a car seat until he/she is \_\_\_\_ years and \_\_\_\_\_ weighs \_\_\_\_\_ pounds.

\_\_\_\_\_ must be secured in a car seat until he/she is \_\_\_\_ years and \_\_\_\_\_ weighs \_\_\_\_\_ pounds.

\_\_\_\_\_ must be secured in a car seat until he/she is \_\_\_\_ years and \_\_\_\_\_ weighs \_\_\_\_\_ pounds.

\_\_\_\_\_ must be secured in a car seat until he/she is \_\_\_\_ years and \_\_\_\_\_ weighs \_\_\_\_\_ pounds. \_\_\_\_

VIII. **Occasional Changes to the Schedule**

Any changes to the schedule must be made:

- In writing
- Verbally
- Can be made through E-mail

The person requesting a change must provide at least \_\_\_\_\_  
hours/days notice.  
(circle one)

Visits may be rescheduled as follows: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

IX. **Parent-Child Communication**

While visiting or residing with one parent, the child/ren are free to call the other parent at any time.

While visiting or residing with one parent, the child/ren are free to call the other parent during the hours of \_\_\_\_\_.

The child/ren may also contact the other parent through E-mail.

Additional procedures/rules to be followed regarding communication: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

X. **Decision Making**

**Day to Day Decision Making**

The parent in whose care the children are at any given time will be responsible for the day-to-day decisions that need to be made during their time together.

This includes decisions regarding emergency health care and safety concerns.

**Major Decisions**

Both parent will collaborate on major decisions, such as education, non-emergency healthcare, and religious upbringing.

\_\_\_\_\_ will have the sole decision-making authority when it comes to making major decisions such as education, non-emergency healthcare, and religious upbringing.

XI. **Additional Considerations**

**A. Child Care**

- Will the other parent be given consideration before calling a babysitter? \_\_\_\_\_
- Do both parents need to agree on babysitters? \_\_\_\_\_

**B. Permanent Changes to the Parenting Plan**

- What legal action must take place before the parenting plan can be formally altered? \_\_\_\_\_  
\_\_\_\_\_

**C. Moving**

- If either parent should relocate in the future, how much notice must he or she provide? \_\_\_\_\_
- Who will pay for additional transportation costs, if any? \_\_\_\_\_  
\_\_\_\_\_

**D. Contact With Extended Family**

- Will the children's contact with extended family members take place during the currently scheduled custody/visitation arrangement, or scheduled in addition to the current arrangement? \_\_\_\_\_  
\_\_\_\_\_

**E. Contact With Parent's Friends/Dating Partners**

- Are there any stipulations you wish to put in writing regarding whether and/or when the children can spend time with either parent's potential/future friends/dating partners? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**F. Other Concerns/Issues**

- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
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