

Dana Schneider MA, MFT
***Psychotherapy * Divorce Related Issues * High Conflict Co-Parenting**
***Special Master**
718 Spring Street
Santa Rosa, Ca. 95404
707.566-9303 fax 707.528-4876
www.danaschneidermft.com
licensed marriage and family therapist #M13811

Parenting Plan Worksheet

Parents are encouraged to each complete this worksheet to facilitate their discussion and development of parenting plan.

Date: _____

	Mother	Father
Name	_____	_____
Address	_____	_____
City	_____	_____
State, Zip	_____	_____
Telephone	_____	_____
Cell	_____	_____
E-mail	_____	_____

This plan has been developed through the following process:

Co- parenting Mission Statement:

We want our children to be happy, healthy and well loved. We would like to see our children be well-educated, honest, responsible contributing members of society. Our children will hold strong personal values and will consistently remain our number one priority.

This parenting plan applies to the following children:

	Name	Birth Date
Child 1	_____	_____
Child 2	_____	_____
Child 3	_____	_____
Child 4	_____	_____
Child 5	_____	_____

RESIDENTIAL SCHEDULE

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:

Location of pick-ups:

Location of drop-offs:

SCHEDULE FOR WINTER/CHRISTMAS VACATION

The child(ren) will reside with Mother Father during the winter vacation; or

The child(ren) will reside with Mother for the first week and Father for the second week of winter vacation in even odd years and the reverse in alternate years; or

Other:

SCHEDULE FOR SPRING VACATION

The child(ren) will reside with Mother Father during the spring vacation; or

The child(ren) will reside with Mother for the first half and Father for the second half of spring vacation in even odd years and the reverse in alternate years, exchanging the children on this day: _____; or

Other:

SUMMER SCHEDULE

Upon completion of the school year, the child(ren) will reside with the parents as follows:

- Same as school year schedule
- One week every month
- Two weeks every month
- One month
- Other:

The parents shall determine the dates for the summer schedule each year no later than: _____.

If the parents both desire the same time frame, Mother's choice shall be given greater weight in even odd years and Father's choice shall be given greater weight in even odd years.

SCHEDULE FOR HOLIDAYS

The residential schedule for the child(ren) for the holidays is:

- | | | | | | |
|-----------------------|---------------------------------|---------------------------------|------------------------------------|-------------------------------------|-------------------------------------|
| 1. New Year's Day | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 2. Martin Luther King | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 3. President's Day | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 4. Easter Friday | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 5. Easter Sunday | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 6. Passover | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 7. Mother's Day | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 8. Memorial Day | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 9. Father's Day | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 10. Fourth of July | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 11. Labor Day | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |

- | | | | | | |
|----------------------|---------------------------------|---------------------------------|------------------------------------|-------------------------------------|-------------------------------------|
| 12. Rosh Hashanah | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 13. Yom Kippur | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 14. Columbus Day | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 15. Thanksgiving Day | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 16. Hanukkah | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 17. Christmas Eve | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 18. Christmas Day | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 19. Other _____ | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 20. Other _____ | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |
| 21. Other _____ | <input type="checkbox"/> Mother | <input type="checkbox"/> Father | <input type="checkbox"/> Odd Years | <input type="checkbox"/> Even Years | <input type="checkbox"/> Every Year |

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

- Holidays that fall on a Friday or Monday will include Saturday and Sunday.

BIRTHDAYS

Parent's Birthday:

1. Each parent shall have the option of having the child for a _____ hour visit 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.

Child's Birthday:

1. The parents will 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 child's birthdays are special days in themselves and supersede the regular parenting schedule.
2. The parent who holds the party will cover the expenses for the celebration. The non-host parent is responsible only for his or her own present(s) for the child.
3. The non-host parent may attend the birthday party.
4. The non-host parent will be able to spend up to two (2) hours with the child before 4:00 p.m. on the child's birthday, provided that this has been arranged with the other parent at least _____ days/weeks in advance, in order to be convenient for both of them.

TRANSPORTATION ARRANGEMENTS: Transportation arrangements for the child(ren) between the parents at the change of parenting schedule will be as follows:

- The parent starting her/his residential time with the children transports at the beginning.
- Mother Father always transports the children
- Other:

SCHOOL / DAYCARE

Enrollment / Attendance

The child(ren) will be enrolled and attend as follows:

	School	Grade
Child 1	_____	_____
Child 2	_____	_____
Child 3	_____	_____
Child 4	_____	_____
Child 5	_____	_____

1. Mother Father Both to reside in the jurisdiction of the local school.
2. The child(ren) shall continue to attend such schools and/or daycare as long as the parents are agreed.
3. In the event that the school authorities should find that a child might be an exceptional student or a student with special needs, both parents shall have the right to attend and be informed of any pertinent meetings or testing.
4. The consent of Mother Father Both shall be needed before any special recommendations can be instituted.
5. With the consent of the school, both parents shall be provided by the school with separate notices of events and report cards. In order that this provision might be carried out, both parents shall provide the school with stamped, self-addressed envelopes sufficient for all communications during the year.
6. Both parents shall have the ability to share in the child's school activities. Both parents shall be informed of any school trips or activities in which parental participation is desired, and they should discuss among themselves whether one or both of them will attend. If the parents are unable to decide which school related activities they will attend, they shall alternate with Mother taking the first activity day in even numbered years and Father taking the first the activity day in odd numbered years.
7. Mother Father shall be the primary liaison person with the school.
8. Prior to graduation from high school, Mother and Father will consult with each other with respect to the post high school education of the child(ren) and costs if not otherwise determined.

Special Education or Tutoring

The parents agree on the following regarding any special education or tutoring:

EXTRACURRICULAR ACTIVITIES

Both parents encourage the child(ren) to engage in the following extracurricular activities:

	Activity	Cost
Child 1	_____	_____
Child 2	_____	_____
Child 3	_____	_____
Child 4	_____	_____
Child 5	_____	_____

Costs for extracurricular activities to be shared as follows: Mother Father Both equally
Other:

1. To the extent that one parent is not willing to participate in the funding of any extracurricular activity, then the other parent will have the sole decision-making authority with respect to that activity and the non-funding parent will not object.
2. There will be no comment made with respect to financial non-contribution of one parent in the provision of extracurricular activities by the other.
3. Neither parent will enroll a child(ren) in extracurricular activities that will overlap each parent’s timeshare schedule without the consent of the other.
4. In the event that there is any disagreement with attendance extracurricular activities or social functions, Mother Father the Residential Parent will make the decision.

USE OF AN AUTOMOBILE

The parents will consult regarding driving decisions, driving lessons and insurance. If the parents are unable to reach an agreement, Mother Father will make the decision. Parents will review and discuss registration with the I Promise Teen Safe Driving Program: www.ipromiseprogram.com.

PARENTAL BEHAVIOR

Mother and Father will conduct themselves with respect to each other and the child(ren) so as to provide a loving, stable, consistent and nurturing relationship with the child(ren) even though they, themselves, may no longer co-habit. To that end, they will not speak derogatorily of each other or the members of the family of the other, will not cause the child(ren) to be drawn into any dispute regarding decisions affecting the child(ren) and will not attempt to curry favor with the child(ren) to the detriment of the other.

EXPECTATIONS AROUND PARENTAL DATING AND NEW RELATIONSHIPS:

Preparing children for the introduction of a new involved adult in their life is important. How the introduction is handled sets the stage for that adult's relationship with the children.

Mother and Father agree to protect the children in regards to parental dating and new relationships. To that end, they will not introduce the children to a new relationship until it has become a committed relationship of six months duration. In addition, they agree to notify the other parent before the children are informed or introduced to a new relationship.

Dating, 'Significant Others' and Stepparents:

Both parents will refrain from introducing the children to casual dates. If either parent establishes a relationship with a person who is becoming their 'significant other' or potential life partner they will inform the other parent, as soon as practicable, before introducing this person to child. The child may inadvertently meet or be introduced to a person who eventually may become a 'significant other' to either parent. In this case, if either parent establishes a relationship with a person who may be known to child, before that parent introduces this person as a 'significant other' to child, the other parent will be informed.

Children will be introduced to the significant other gradually with the initial introduction Taking place in a neutral public setting. The parent in question will use discretion in displaying affection or other signs of affection in front of child.

Overnight stays will not occur until it has been established child is comfortable with the new relationship. Feedback will be exchanged between parents at any time and at intervals during the process of the introduction of a new close adult in child's life.

Parents will consider outside counseling support for child if necessary to aid in the adjustment of 'significant others' in his/her life. Cohabitation, engagement or plans to marry will be conveyed to the other parent before informing child and it will be the right of the initiating parent to inform child. The role of the stepparent will be discussed between the biological parents. The biological parents and the stepparent will make every effort to foster a positive relationship between the stepparent and the other biological parent.

It will be expected that the stepparent(s) will leave the parenting and parenting decisions to the biological parents with the exception of medical emergencies - at which point both biological parents will be contacted immediately. Information and knowledge of

half-siblings, pregnancies or plans of adoption of siblings will be conveyed to the other parent before informing child and it will be the right of the initiating parent to inform child.

Parents and stepparent(s) will avail themselves of step-parenting information.

DAY-TO-DAY DECISIONS

Each parent will make decisions regarding the day-to-day care and control of each child while the child is residing with that parent. Regardless of the allocation of decision-making in the parenting plan, either parent may make emergency decisions affecting the health and safety of the child(ren).

MEDICAL

The child(ren) shall be medically cared for by the following primary care providers and additional providers who shall be selected by Mother Father Both parents.

	Physician	Telephone Number
Child 1	_____	_____
Child 2	_____	_____
Child 3	_____	_____
Child 4	_____	_____
Child 5	_____	_____

	Dentist	Telephone Number
Child 1	_____	_____
Child 2	_____	_____
Child 3	_____	_____
Child 4	_____	_____
Child 5	_____	_____

Other:

1. Both parents shall have the right to give consent to emergency medical/dental care during times that the child is in his/her care and control.
2. Each parent shall inform the other parent of the extent and nature of any emergency and treatment thereof as soon as is reasonably possible.

3. The parent who has the care of the child while the child becomes ill will inform the other parent of the nature and extent of the illness as soon as is practically possible.
 4. Both parents shall have the right to be informed by the parent who schedules it and to attend any regular medical, dental or orthodontia appointments that the child might have.
 5. Both parents shall have the right to receive from and give information to a medical professional (that includes other health care professionals such as nurses, physiotherapists, social workers, psychologists and others).
 6. If the child needs to be referred to a medical or dental sub-specialist, the consent of Mother Father Both parents shall be needed for such a referral.
7. Mother Father shall be the primary liaison with the child's doctor.
8. Mother Father shall be the primary liaison with the child's dentist.
 9. Mother Father shall be the primary liaison with the child's orthodontist.
 10. If there should be a need for the child to be referred to a practitioner skilled in social, emotional or behavioral problems, the consent of Mother Father Both parents shall be needed for such a referral. Both parents shall have the absolute right to participate in, consult with and be consulted by such a practitioner. The form that such participation or consultation should take shall be left to the judgment of the clinician.

DAILY NEEDS

When each child is in the care of a parent, that parent will insure that the child will be properly groomed, fed, clothed and supervised. The child will be given proper physical care, health care and daycare as appropriate.

MOBILITY

The residence of each parent shall be restricted to a _____ mile radius of each other or of this location:

TRAVEL

1. The child(ren)'s passport(s) shall be stored by _____, but shall be available upon request by the other parent.
2. The child(ren) shall not be taken outside of the state of the child's residence without the traveling parent informing the other parent, in writing, one week before the intended trip.
3. The child shall not leave the country without being fully covered by appropriate medical insurance and the written consent of the other parent, which consent shall not be unreasonably withheld.
4. The parent with whom the child(ren) are traveling shall provide the other parent with a travel itinerary and contact number(s) where a message can be left or where he or she can be reached.

CHILDCARE

1. Each parent shall be responsible for making their own childcare arrangements for the temporary alternate care of the child, when such care is needed, with the exception of the conditions set out below.
2. Each parent shall inform the other from time to time, who is providing alternate care for the child.
3. Each parent shall have the right to communicate with the person who is providing alternate care for the child.
4. If the parent with whom the child resides 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.

CHANGE OF NAME

Neither parent shall change the given name or surname of the child(ren) without the written consent of the other parent.

CHILD(REN'S) TOYS, CLOTHES AND OTHER BELONGINGS

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

OTHER RELATIONSHIPS

Parents will encourage and foster relationships of each child with other children, family members and extended family members.

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 child(ren) shall continue to have contact with the extended family of the affected parent.

Exceptions:

OTHER PROVISIONS FOR DECISION MAKING

The following special provisions apply to decision-making:

If either parent is impaired by drugs, alcohol, fatigue or any other condition that may affect care giving, parental responsibility or judgment in a manner that may affect the well-being of the child(ren), then the other parent may assume sole decision-making authority for the duration of the impairment.

If either parent subjects the child(ren) to harm through neglect or abuse, then the other parent shall assume sole decision-making authority until the situation of neglect or abuse has been dealt with and until such a time as there are reasonable grounds to assume such situations or behavior are not likely to re-occur.

When problems arise

In the event that Mother and Father are unable to resolve any particular issue, they agree to resolve the matter through:

- Discussion with a friend or family member: _____

AGREEMENT

If the parents are in agreement with the terms as described above, they may execute this memorandum and use this form as the basis of their agreement. Parents are advised to discuss the contents of this document with their lawyers and obtain independent advice.

Mother

Date

Father

Date