



Parenting Plan Worksheet

Please fill out and bring to your next mediation session.

1. DESIGNATION OF RESIDENTIAL PARENT

Who will be the primary residential parent (who will the children stay with the greatest percentage of time?)

2. DECISION MAKING

Joint or full custody of mother or father? Custody is about decision making, not how much time a parent spends with a child. These decisions revolve around education, religious training, health (medical, dental, vision, and mental health), and extra curricular activities. If you have a great amount of agreement around these major areas, joint custody is normal.

3. PARENTING TIME SCHEDULE

The non-residential parent is entitled to have parenting time with the child. What kind of schedule have you spoken about? What kind of schedule do you desire? This is the basic schedule of parenting time. Summer and holidays are below.

Some examples include:

50/50 plans

- Alternating Weeks (one week with one parent, then one week with the other parent)
- Alternating Days within a two week block.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mom	Mom	Dad	Dad	Dad	Mom	Mom
Dad	Dad	Mom	Mom	Mom	Dad	Dad

- Alternating Weekends with a weekday overnight (This is a standard default plan by the State of Oregon.)

SUMMER SCHEDULE

How many weeks in the summer will the non-residential parent have the children?

How many weeks will the residential parent have the children?

What care during the day will be arranged for children?

HOLIDAY SCHEDULE

Below are major and some minor holidays. This is an EXAMPLE only. Most parents choose alternating years for holidays. Please construct a schedule that reflects your family and desires.

You can select who will be even or odd years, or in some cases, every year.

Holiday	Father (even or odd)	Mother (even or odd)
New Year's		
Martin Luther King, Jr.		
President's Day		
Spring Break		
Easter		
Memorial Day		
Fourth of July		
Labor Day		
Halloween		
Thanksgiving		
Christmas Eve		
Christmas Day		

CHRISTMAS

What are your traditions around Christmas? What is a good suggestion for both parents to enjoy Christmas with the children?

THANKSGIVING

What are your traditions around Thanksgiving? Do you want to split the days in the holiday (Wednesday evening to Friday evening/Friday evening to Sunday evening)?

OTHER SPECIAL NOTES ON HOLIDAY TRADITIONS OR SUGGESTIONS.

BIRTHDAY OF THE CHILD

What traditions surround the celebration of a child's birthday? What is a good suggestion for the parenting plan?

MOTHER'S DAY, FATHER'S DAY AND PARENT'S BIRTHDAYS

How would you like to celebrate Mother's Day, Father's Day and your birthdays as parents?

4. FUTURE MOVE OF A PARENT

Is either parent anticipating a move beyond 30 miles of the current residence? If so, when and how far?

5. OTHER CONSIDERATIONS:

Who will retain health insurance for the children? How much does it cost just to insure the children?

How will children's activities (sports, music, dance, etc.) impact parenting time and expense?

Do you have a college savings plan for the children?

Are there any special considerations, physical or mental health issues, learning disabilities, etc., that may impact time and expense of parents?

If you have teenagers, have you discussed jobs, dating, cars, etc?

Have you discussed how you can CONSISTENTLY parent the children in different homes? In other words, it is extremely helpful to the children if the rules are the same for each household.