



Parenting Plan

You have now discussed the Parenting Plan Issues and reviewed the sample Parenting Plan. Now it's time to write your plan for how you want to parent. Each parent should write their own plan before you get together to make joint decisions on what to include in the final plan. Once the final plan is completed, each parent should keep a copy. It is a good idea to have a legal review of your plan.

If you and the other parent develop a Parenting Plan, each of you should keep a copy.

1. Parenting goals

- a. _____

- b. _____

- c. _____

2. Your communication ground rules

- a. _____

- b. _____

- c. _____

- d. _____

- e. _____



3. Time-sharing arrangements (list all options)

- a. Monthly schedule _____

- b. Vacation times _____

- c. Holiday _____

- d. Special days (birthdays, parents' birthdays) _____

- e. Special occasions (weddings, funerals, and graduations)

- f. School sports, church and community events (parent-teacher conferences, school programs, sports events, church programs)

- g. Grandparent time-sharing arrangements _____

- h. Other extended family time-sharing, if any _____

4. Transportation details

- a. Transportation responsibilities, exchange times and places

- b. Special instructions or restrictions



5. Telephone schedule

a. When children are with Mom

b. When children are with Dad

6. Long-distance parenting arrangements (If one parent lives more than 100 miles away, for example)

a. Yearly time-sharing schedule

b. Transportation details (including who pays the transportation costs)

c. How information will be shared

7. Procedures for making decisions

a. How should major decisions be made and by whom (education, day care, medical and dental, counselling)?

b. How will disagreements be resolved?

8. Procedure for sharing information

a. School-related information (report cards, academic or disciplinary problems, parent-teacher conferences, school activities)



b. Information about extracurricular activities

c. Health-related information (illnesses, prescriptions, check-ups, or therapy sessions)

d. Community and special events

9. Agenda for a parenting meeting (on a monthly or weekly basis)

a. _____

b. _____

c. _____

d. _____

10. Child Support Amount (determined by the Child Support Guidelines)

11. Post-secondary education for children

a. Any minimum guarantees to children _____

b. Contributions by parents _____

c. Financial planning options/other sources of funding _____

12. Health insurance

a. Carried by whom? _____

b. Procedure for making claims _____
