

## WORKSHEET 5



### Parenting Plan Worksheet

This Parenting Plan Worksheet can help you and the other parent spell out the details of how you are going to parent. The **Sample Parenting Plan Issues** and **Sample Parenting Plan** on pages 60 and 61 give you an idea of what parents typically think about and put in a Parenting 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. 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

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- b. When children are with Dad

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

- a. Yearly time-sharing schedule

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

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- c. How information will be shared

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**7. Procedures for making decisions**

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

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- b. How will disagreements be resolved?

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**8. Procedure for sharing information**

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

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b. Information about extracurricular activities

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

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d. Community and special events

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**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*)

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**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 \_\_\_\_\_  
\_\_\_\_\_

## **Sample Parenting Plan Issues**

First, think about what will be best for the children in the following areas:

### **Week-to-Week Time Arrangements**

The overall schedule and plan for the child(ren)'s move between the parents' homes.

### **Time Arrangements for Holidays and Special Days**

- School vacations.
- Parents' vacations with and without children.
- Child's illness (interrupting access arrangement).

### **Health Care Decisions**

- Emergency medical treatment.
- Informing other parent.
- Check-ups (medical and dental).
- Access to medical records.

### **Education Decisions**

- Consultation between parents on any change in school, special educational needs, tutoring, etc.
- Access to school records.
- Attendance at parent-teacher conferences and school events.

### **Cultural Decisions**

- What First Nation a child shall be registered with.
- What cultural events and activities the child will attend.

### **Religion**

- Religious education and attendance at services (if any).

### **Grandparents and Extended Family**

- Visits with the children, involvement with the children.

### **Communication Between Parents**

- What type of information should be communicated about the children and how it should be communicated.
- Communication when the child is with the other parent.

### **Changes in Parenting Schedule**

- What happens if a parent cannot spend time with a child when scheduled.

### **Dealing with Disagreements/Changes in the Parenting Plan**

- How to deal with disagreements.
- How to change arrangements as children's and parents' circumstances change.
- What happens if one parent wants to move to another community or province.

## **Sample Parenting Plan**

Use your own Plan or use this as a guide to make your own Parenting Plan.

This is the Parenting Plan between \_\_\_\_\_ and \_\_\_\_\_ (“We”)

We agree that the following schedule will be our guide, and that we will be flexible with each other if minor changes are necessary.

### **Week-to-Week Time Arrangements**

We agree to spend blocks of time with our children. Each block of time will be \_\_\_\_\_ in length and will begin at 6:00 p.m. and continue until 6:00 p.m. on the return date. Our children will go to the other parent’s home together. The parent picking up the children is responsible for their dinner.

### **Birthday Arrangements**

For the children’s birthdays, we agree that whoever has the children during that “block” will have the child’s birthday party. The parent who does not have the child during that time is free to plan a party the day before or the day after. We agree to work together to make our children’s birthdays special for them.

We also agree that we will make sure that we alternate birthdays so that the parent who does not have the child one year on the child’s birthday, will have the child the next year on the child’s birthday.

### **Vacation Arrangements**

We will discuss with each other how to spend our respective vacation times with the children. We agree to give the other parent advance notice of planned vacation. If possible, we will give at least two weeks’ notice.

We agree to tell the other parent of the vacation details, e.g. places and telephone numbers where the children may be reached.

### **Medical Arrangements**

We agree to notify the other parent of illnesses the children may have.

We agree that the parent who has the child at the time he/she suffers a medical condition has the authority to make any decision regarding emergency medical care. We agree to notify the other parent of the emergency as soon as possible.