

# SAMPLE PARENTING PLAN

## **Our child is entitled to enjoy the following rights:**

1. The right to be treated as an important human being, with unique feelings, ideas and desires and not as a source of argument between parents.
2. The right to a sense of security and belonging derived from a loving and nurturing environment which shelters them from harm.
3. The right to a continuing relationship with both parents and the freedom to receive love from and express love for both.
4. The right to parents who will listen to and show respect for what their child has to say.
5. The right to express love and affection for each parent without having to stifle that love because of fear of disapproval by the other parent.
6. The right to grow and flourish in an atmosphere free of exploitation, abuse and neglect.
7. The right to know their parents' decision to divorce is not their responsibility and they will still be able to live with each parent.
8. The right to continuing care and guidance from both parents where they can be educated in mind, nourished in spirit, and developed in body, in an environment of unconditional love.
9. The right to receive developmentally appropriate answers to questions about changing family relationships.
10. The right to know and appreciate what is good in each parent without one parent degrading the other.
11. The right to have a relaxed, secure relationship with both parents without being placed in a position to manipulate one parent against the other.
12. The right to have one parent not undermine time with the other parent by suggesting tempting alternatives or by threatening to withhold activities with the other parent as a punishment for the child's wrongdoing.
13. The right to be able to experience regular and consistent parental contact and the right to know, in a developmentally appropriate manner, the reason for not having regular contact.
14. The right to be a child and to be insulated from the conflict and problems of parents.
15. The right to be taught, according to developmental levels, to understand values, to assume responsibility for their actions, and to cope with the just consequences of their choices.
16. The right to be able to participate in their own destiny.
17. The right not to be used as a messenger or spy between parents.

## **Residence of the Child**

The father will have the exclusive right to determine the primary residence of Billy. However, the parents will reside no more than 15 miles doorstep to doorstep from the other parent.

## **Parenting Time**

Failing mutual agreement,

### **1. General weekly schedule:**

Week 1: The father will be responsible for Billy from the time school is released on Tuesday until 7:30 p.m. when he is picked up by his mother and from the time school is released on Thursday until school resumes on Friday morning.

Week 2: The father will be responsible for Billy from the time school is released on Thursday until he returns Billy to his other home on Sunday at 7 p.m..

Beginning when Billy reaches 7 years of age and thereafter,

Week 1: The father will be responsible for Billy from the time school is released on Tuesday until 7:30 p.m. when he is picked up by his mother and from the time school is released on Thursday until school resumes on Friday morning.

Week 2: The father will be responsible for Billy from the time school is released on Thursday until school resumes Monday morning.

The mother will be responsible for Billy at all other times not otherwise addressed.

### **2. Holidays:**

*Thanksgiving-*

On odd years, if the father is out of the area for travel, the father's parenting time will be from the time school lets out for Thanksgiving break until school resumes. If the father remains in town, the father's parenting time will be from Wednesday before Thanksgiving at 7 p.m. until the mother picks up and returns from 3 to 7 p.m. the Friday after Thanksgiving and then until school resumes Monday morning.

On even years, if the mother is out of the area for travel, the mother's parenting time will be from the time school lets out for Thanksgiving break until school resumes. If the mother remains in town, the mother's parenting time will be from Wednesday before Thanksgiving at 7 p.m. until the father picks up and returns from 3 to 7 p.m. the Friday after Thanksgiving and then until school resumes Monday morning.

#### *Christmas-*

Even years-Billy will be with his mother from the time school lets out for Christmas break until 4 p.m. Christmas Eve, with his father from the 4 p.m. Christmas Eve until 3 p.m. Christmas Day, with his mother from 3 p.m. Christmas Day until 7 p.m. Christmas Day, and then with his father from 7 p.m. Christmas Day until school resumes after Christmas vacation.

Odd years-Billy will be with his father from the time school lets out for Christmas break until 4 p.m. Christmas Eve, with his mother from the 4 p.m. Christmas Eve until 3 p.m. Christmas Day, with his father from 3 p.m. Christmas Day until 7 p.m. Christmas Day, and then with his mother from 7 p.m. Christmas Day until school resumes after Christmas vacation.

#### *Spring Break-*

Odd years- Billy will be with his father from the time school is released for Spring Break until the time school resumes.

Even years- Billy will be with his mother from the time school is released for Spring Break until the time school resumes.

#### *Father's Day/Mother's Day-*

Billy will be with his father from the time school is/would be released for Father's Day weekend until the time school resumes.

Billy will be with his mother from the time school is/would be released for Mother's Day weekend until the time school resumes.

#### *Monday Federal Holidays and Teacher in-services-*

Billy's time with his parent whose parenting time is on the weekend will begin on the Thursday school is released for a Friday school or federal holiday or when school resumes Tuesday for a Monday school or federal holiday

If the parent who has parenting time with Billy on a federal holiday has to work on that federal holiday and that parent does not take the day off but the other parent is off of work, the parent who is off of work shall have the right to parenting time

with Billy beginning at the time that Billy's school begins and ending at 7:00 p.m. that same day, provided that the parenting who is exercising parenting time with Billy on the federal holiday picks-up Billy from the other parent's residence and the other parent picks-up Billy from the parent's residence at 7:00 p.m.

#### *Independence Day-*

Billy will be with his mother from 7 p.m. July 3<sup>rd</sup> until 7 p.m. July 5<sup>th</sup> on even years.

Billy will be with his father from 7 p.m. July 3<sup>rd</sup> until 7 p.m. July 5<sup>th</sup> on odd years.

#### *Halloween-*

Odd years- Billy will be with his mother from the time school is/would be released for Halloween until the time school resumes/would resume the following day.

Even years- Billy will be with his father from the time school is/would be released for Halloween until the time school resumes/would resume the following day.

#### *Summer-*

Prior to age 10, Billy will continue the regular school schedule with the exception the father may elect by May 1 7 consecutive days of parenting time during the summer provided it does not interfere with any otherwise addressed parenting time. The mother May elect by May 15 7 consecutive parenting time provided it does not interfere with any otherwise addressed parenting time.

At and after age 10, Billy will continue the regular school schedule with the exception the father may elect by May 1 14 consecutive days of parenting time during the summer provided it does not interfere with any otherwise addressed parenting time. The mother May elect by May 15 14 consecutive parenting time provided it does not interfere with any otherwise addressed parenting time.

#### *Children's/Parent's Birthdays-*

Billy will be with his father from the time school is/would be released for the day before his father's birthday until the time school is/would be released the day following his father's birthday.

Billy will be with his mother from the time school is/would be released for the day before his mother's birthday until the time school is/would be released the day following his mother's birthday.

On his birthday, Billy will be with the parent that does not have parenting time with him from the time school is/would be released until 6 p.m. when he is returned to his other home.

### **Additional Topics**

1. The parents will not schedule activities for Billy during the other parent's parenting time without the advanced mutual agreement of the other parent.
2. To the best of their ability, the parents will not involve or let Billy overhear conversations about possible schedule changes of parenting time without the advanced consent of the other parent.
3. The parents will maintain the same sleep routine until such time as both parents mutually agree otherwise.
4. The parents will encourage Billy to call the other parent each night to say goodnight until otherwise mutually agreed upon.
5. Prior to any significant changes in Billy's physical appearance, both parents must mutually agree.
6. Dating provisions:
  - a. The parents must actively date a significant other no less than 6 months prior to introducing Billy.
  - b. The parents will not introduce Billy to committed relationship significant other prior to one month after the decree is entered.
  - c. For the following six weeks post Billy's initial introduction to a committed relationship significant other, all meetings between Billy and the significant other will be with a parent and in a public location.
  - d. After the six weeks of Billy's introduction to a committed relationship significant other, the relationship between Billy and that person will grow at a gradual pace.
  - e. The committed relationship significant other will not be in the home, hotel room, or other sleeping location of Billy or his parent prior to Billy going to bed through the hours of him waking up in the morning during the parent's parenting time for six months after the introduction to Billy.

7. The parents will allow Billy to refer to a stepparent by respectable terms (such as the stepparents first name, stepmom/dad, or mom/dad) he is comfortable with, without influence of either parent or any stepparent.
8. The parents will not leave Billy unsupervised until Billy reach an age mutually agreed upon by the parents and for a duration agreed upon by the parents.
9. The parents will offer each other parent the first right to care for Billy over all other individuals including relatives if the parent is not available for periods of 3 hours or more. This agreement does not apply to travel or when there are family functions and events such as weddings, funerals, or reunions.
10. The parents will provide the other parent travel itinerary of Billy prior to departure if he will be out of the local area for one night or more.
11. Either parent may call Billy during Billy's time with their other parent during reasonable hours and a reasonable volume per day.
12. Both parents will support both maternal and paternal extended family relationships with Billy independent of either parent's parenting time.
13. The parents will notify the other parent within 24 hours of the time they schedule or are notified of any medical, psychological, scholastic, or extracurricular appointments for Billy, or immediately if 24 hour notice is not available. They will also notify the other parent of any schedule changes or cancellations.
14. The parents must mutually agree on all extracurricular activities prior to consenting with the child and/or enrolling Billy in extracurricular activities, or not taking Billy once the child has been enrolled.
15. The parents will not, nor will they allow others to, purchase a cell phone for Billy until such time as both parents mutually agree on the phone and guidelines for phone usage.
16. The parents must agree on internet guidelines prior to allowing Billy to access the internet.
17. The parents will cc the other parent with e-mails to professionals about Billy.
18. The parents will not, nor will they allow others to, disparage the other household members in the presence or hearing range of Billy.
19. The parents will not, not will they allow others to, discuss the litigation, child support, or court services in the presence or hearing range of Billy.
20. The parents will not, nor will they allow others, to use Billy as a messenger to deliver verbal messages or physical items between the parents.

21. The parents will not, nor will they allow others to, probe Billy about his time at his other home or about co-parenting matters.
22. The parents will use two home friendly vocabulary (such as parenting time or “when you are in your other home” or “when you are with your mother”) with Billy and in Billy’s presence rather than words such as possession, custody, or visitation.
23. The parents will use a behavioral plan between both homes to address unacceptable behaviors and consequences for these behaviors, and will use carry over discipline between homes.
24. Information that is readily available is the responsibility of that parent to gather, information that either parent receives that is not readily available to the other parent will be provided to that other parent in a timely manner (such as school picture order forms).
25. The parents will not ask Billy where he wants to live or encourage Billy in any way to pick between his parents, but will help Billy understand he has two homes.
26. Billy will be allowed to carry his property between homes. However, both homes will maintain primary care items such as clothes, hygiene care, and over the counter medicines so he does not have to carry these items.
27. Prior to seeking further non-emergency litigation over co-parenting matters, the parties will utilize alternative dispute resolution options.
28. The parents will, and will instructs others to, follow the attached Rules for Co-parenting.

## **RULES FOR CO-PARENTING**

1. **Do not** talk negatively, or allow others to talk negatively, about the other parent, their family and friends, or their home in hearing range of the child. This would include belittling remarks, ridicules, or bringing up allegations that are valid or invalid about adult issues.
2. **Do not** question the children about the other parent or the activities of the other parent regarding their personal lives. In specific terms, do not use the child to spy on the other parent.
3. **Do not** argue or have heated conversations when the children are present or during exchanges.
4. **Do not** make promises to the children to try and win them over at the expense of the other parent.
5. **Do** communicate with the other parent and make similar rules in reference to discipline, routines, sleeping arrangements, and schedules. Appropriate discipline should be exercised by mutually agreed upon adults.
6. **At all times**, the decisions made by the parents will be for the child's psychological, spiritual, and physical well being and safety.
7. Parenting time arrangements **will** be made and confirmed beforehand between the parents without involving the child.
8. **Do** notify each other in a timely manner of need to deviate from the order including canceling time with the child, rescheduling, and promptness.
9. **Do not** schedule activities for the child during the other parent's time with the child without the other parent's consent. However, both parents **will** work together to allow the child to be involved in extracurricular activities.
10. **Do** keep the other parent informed of any scholastic, medical, psychiatric, or extracurricular activities or appointments of the child.
11. **Do** keep the other parent informed at all times of your address and telephone number. If you are out of town with the child, **do** provide the other parent the address and phone where the children may be reached in case of an emergency.
12. **Do** refer to the other parent as the child's "mother" or "father" in conversation, rather than using the parent's first name, last name, or "my ex".
13. **Do not** bring the child into adult issues and conversations about custody, the court, or about the other party.
14. **Do not** ask the child where he or she wants to live.
15. **Do not** attempt to alienate the other parent from the child's life.
16. **Do not** allow stepparents or others to negatively alter or modify your relationship with the other parent.
17. **Do not** use phrases that draw the children into your issues or make the children feel guilty about the time spent with the other parent. **Do not** say "I miss you!" **do** say, "I love you!"