

## Parenting Plan

The parenting plan demonstrates both parents' commitment to putting the needs of their children first. It enables both parents to be fully involved in all critical aspects of decision-making and childcare.

The parenting plan is a framework. Not every consideration needs to be resolved before implementing the plan. Instead, the plan seeks to keep the focus firmly on the practical considerations of childcare by separating it from the conflicts that frequently accompany divorce or separation.

Parent A.

Parent B.

Children's Names

### Section 1. Living Arrangements

#### Weekdays (Monday – Friday)

Which days and nights will the children stay with each parent?

What are the school-run arrangements? Drop off and collection times?

Do the children attend any after-school clubs? Who is responsible for drop off and collection?

**Weekends**

How will the weekends be shared between parents? Alternate weekends? Each weekend shared?

How will bank holidays be divided?

What are the collection arrangements for the weekend? Collect from school on Friday? Collect from home on Saturday? What are the drop-off arrangements?

What are the arrangements for any scheduled weekend event? Clubs, activities, parties?

**Section 2. Holidays and Special Days**

**School Holidays**

What are the arrangements for the half-term holiday?

What are the arrangements for the Easter holiday?

What are the arrangements for the summer holiday?

What are the childcare arrangements for days when neither parent is available to look after the children? Who is responsible for organising?

What are the arrangements for each parent to take the children out of the country during the holidays?

### **Christmas**

What are the arrangements for Christmas?

How will we accommodate family traditions into our arrangements? Christmas plays, carol service, family gatherings?

How will we communicate regarding gifts?

### **Children's Birthdays**

What are the arrangements? Both organise and attend? Separate celebrations? How will the presents be arranged?

**Mother's Day / Father's Day**

What are the arrangements? Always schedule the weekend with the appropriate parent? Split the weekend? Will we each organise gifts with the children?

**Other Special Days / Events**

Are there any other days that we need to consider? What are the arrangements?

**Section 3. Practical Considerations****Travel and Handover**

How will the children travel from one parent to the other? Is this shared or predominately the responsibility of one parent? Do we need to agree in advance or can we be flexible?

What are the details of these arrangements? Location? Time? What clothes and other belongings will be taken and returned at handover?

**Contact with the Non-Resident Parent**

What are the arrangements for the children to contact the parent they are not with? Telephone or video calls? Do the calls need to be scheduled or can we be flexible? Are there times that are not convenient?

### Contact with Other Family Members

When will the children see grandparents and other prominent family members?

### Rules and Routines

What routines do we agree are essential to be maintained across both homes? Bedtime, mealtimes, homework, screen time?

What rules do we agree are essential to be maintained across both homes? Internet and social media access, staying out late, manners?

How do we discipline our children?

### Section 4. Communication

How will we communicate with each other? Phone? Messenger? Email? Are there times that are not appropriate to call?

What parenting decisions do we need to consult with each other?

How will we share relevant information about the children with each other?

How will we behave in front of the children?

How will we settle disputes?

What do we do if one of us is unable to meet their obligations from the Parenting Plan?

How will we introduce new partners into our children's lives?

### **Section 5. Education**

How will we get involved separately as parents at the school?

How will we work together to make decisions on school or course selections and further education?

## Section 6. Health

Who organises routine health issues?

What do we do in case of emergencies?

How do we manage time off work due to child sickness?

What are the arrangements if one of us dies?

## Section 7. Finances

How will we share day-to-day costs for clothes, school trips and larger items such as computers?

What are the arrangements for pocket money?

What provisions will we put in place to support our children as they grow up? For example, college and university, the first car?

**Section 8. Additional Business**

Is there anything else that we want to capture that hasn't been included in another part of the Parenting Plan?