



The Ultimate Co-Parenting Plan

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Proposed Parenting Plan for Case # _____

Submitted by:

First Name _____ Last Name _____

Address _____

City _____ Prov/State _____ Postal/Zip Code _____

Country _____

Home Phone _____ Cell Phone _____

Email _____

Any requirements of notifying the other parent of school events, medical problems and emergencies, vacation plans, etc. outlined in this parenting plan only apply to the extent that the other parent has provided phone numbers and/or an address where s/he may be contacted.

1. Parents

Mother: Name _____

Address _____

City _____ Prov/State _____ Postal/Zip Code _____

Country _____

Father: Name _____

Address _____

City _____ Prov/State _____ Postal/Zip Code _____

Country _____

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2. Children

Child 1: Name _____

DOB _____ Age _____ School _____

Child 2: Name _____

DOB _____ Age _____ School _____

Child 3: Name _____

DOB _____ Age _____ School _____

Child 4: Name _____

DOB _____ Age _____ School _____

3. Legal Custody

Decisions affecting the children's welfare including education, religion, non-emergent major medical decisions, and general welfare shall be made:

Jointly (by both parents)

Solely (by one parent only):

Mother Father

Divided:

Medical Mother Father

Dental Mother Father

Orthodontic Mother Father

Mental Health Mother Father

Education Mother Father

Religion Mother Father

Extracurricular Activities Mother Father

Other: _____ Mother Father

Other: _____ Mother Father

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Alternating:

4. Physical Custody

The physical care and immediate, day-to-day supervision of the children shall be:

- Joint (by both parents)
- Sole (by one parent only):
 - Mother
 - Father

The children's primary residence shall be with:

- Mother
- Father
- Shared (Mother % / Father %): _____

The physical custody schedule for the children shall be as defined in the Co-Parenting Plan Worksheets at the end of this document.

5. Parallel Parenting

YES **NO**

- The parents agree to adopt a parallel parenting style in which both parties will parent the children according to their own rules in their own home with minimum communication between the parents and no disruption from the other parent.
- The parents agree to primarily adopt a parallel parenting style, with some co-parenting qualities as agreed in Section 6 on co-parenting.

6. Co-Parenting

YES **NO**

- The parents agree to adopt a co-parenting style in which both parents will work together to minimize the disruption to the children's schedules and expectations in each home. This style of parenting is optimal for the children; however, is only possible when the parents can openly communicate and respectful to each other.

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6.1 Chores

YES NO

 The children shall be responsible for the following chores in both homes (include a separate worksheet if you choose to use rotating schedules):

Chore	Child Responsible
Recycling	
Garbage	
Cooking supper	
Making lunches	
Setting the table	
Dishes	
Dusting	
Vacuuming	
Sweeping	
Washing floors	
Bathroom	
Laundry	
Cleaning bedroom	
Feeding & cleaning pets	
Walking the dog	
Other: _____	
Other: _____	
Other: _____	
Other: _____	
Other: _____	
Other: _____	

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6.2 Rules

YES NO

 Common rules between homes shall include:

YES NO

- Treat everyone with respect (no swearing, name calling or hitting)
- Refer to members of the household with appropriate title: Mom, Dad, Grandma, Grandpa
- Take part in family activities: family dinners, religious services, trips, etc.
- Parenting time is an expectation
- School attendance is an expectation
- The children will be woken up for school by:

PARENT THEMSELVES

Child #1:	<input type="checkbox"/>	<input type="checkbox"/>
Child #2:	<input type="checkbox"/>	<input type="checkbox"/>
Child #3:	<input type="checkbox"/>	<input type="checkbox"/>
Child #4:	<input type="checkbox"/>	<input type="checkbox"/>

- Completion of homework is an expectation
- Hygiene is an expectation: showering/bathing, brushing hair, teeth, etc.
- No drinking before the age of _____
- Supervised drinking only after the age of _____
- No smoking
- No vaping
- No drug use
- No dating before the age of _____
- No overnights with friends of the opposite sex
- No hair dying without mutual agreement of the parents.

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- | YES | NO | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | No body piercings without mutual agreement of the parents |
| <input type="checkbox"/> | <input type="checkbox"/> | No tattoos without the mutual agreement of the parents |
| <input type="checkbox"/> | <input type="checkbox"/> | The children shall enjoy the responsible use of either parent's vehicle, provided they have permission from the parent who owns the vehicle |
| <input type="checkbox"/> | <input type="checkbox"/> | No personal vehicle until the age of _____ |
| <input type="checkbox"/> | <input type="checkbox"/> | The children shall be responsible for purchasing their own vehicles |
| <input type="checkbox"/> | <input type="checkbox"/> | Other: _____ |
| <input type="checkbox"/> | <input type="checkbox"/> | Other: _____ |
| <input type="checkbox"/> | <input type="checkbox"/> | Other: _____ |
| <input type="checkbox"/> | <input type="checkbox"/> | Other: _____ |
| <input type="checkbox"/> | <input type="checkbox"/> | Other: _____ |
| <input type="checkbox"/> | <input type="checkbox"/> | Other: _____ |

YES NO

- Curfews for the children shall be as follows:

	Weekdays	Weekends
Child #1: _____		
Child #2: _____		
Child #3: _____		
Child #4: _____		

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YES NO

- Bedtimes for the children shall be as follows:

	Weekdays	Weekends
Child #1: _____		
Child #2: _____		
Child #3: _____		
Child #4: _____		

6.3 Joint Discipline

YES NO

- The parents shall work together to determine appropriate consequences for the children for major infractions including:
 - using the family car without permission
 - body alterations without permission
 - drug use
 - illegal activities
 - other: _____
 - other: _____
 - other: _____
 - other: _____

- The parents shall be responsible for assigning reasonable consequences to the children in their own homes.

- Each parent will respect and uphold the other parent’s consequences in their home.

- Parents shall be permitted to use corporal punishment.

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If parents shall use corporal punishment, the extent of the punishment shall be:

The following people shall also be allowed to use corporal punishment on the children:

7. Custody Schedule

7.1 Scheduling

Regular parenting time shall be scheduled:

- Monthly
- Every two (2) months
- Every six (6) months
- Yearly
- Remain as defined in this plan unless the parents agree to a change or it is modified by the court

YES NO

- Either parent may file a motion to modify child custody with the court provided there has been a significant change in circumstances that requires this plan be substantially modified.
- Parents shall initiate child custody change requests via the conflict resolution pathway outlined in Section 27 of this plan before filing a motion with the court.

7.2 Regular Schedule

YES NO

- The regular parenting time for each parent shall be as defined in the "Timeshare Calendar" on page 46 of this co-parenting plan.

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YES NO

- The following parent(s) shall provide a schedule of their desired parenting time according to the schedule in Section 7.1 above. The parent shall provide their availability (as per the Parent Availability Schedule on Page 45 of this agreement) to the other parent at least _____ days/weeks (circle one) before the updated schedule is due, and respect the other parent's availability when scheduling parenting time:

Mother Father Both to Agree

7.3 Vacations

Parenting time for vacations shall be in accordance with the "Holiday/Vacation Schedule" on page 47 of this co-parenting plan.

- Mother Father shall have up to _____ days/weeks (circle one) of vacation with the children per year, subject to the following conditions:

YES NO

- Vacation time shall be scheduled in increments of at least _____ consecutive days.
- Vacation time shall be scheduled during periods when school is closed unless both parents otherwise agree in writing.
- Vacations shall not be scheduled so as to separate the children from the other parent for more than _____ days.
- Vacations shall not be scheduled so as to separate the children named in this agreement from each other.
- If the vacation falls in the schedule so as to create a longer separation than _____ days, the vacationing parent shall offer the other parent an extra 24-hour period with the children just before or just after the vacation.
- In the event of a conflict between selected vacation times, Father shall have first choice in odd/even (circle one) numbered years and Mother shall have first choice in odd/even (circle one) numbered years. The parent who has first choice that year must exercise his or her choice within _____ days of receiving a notice of a proposed vacation from the other parent. If the parent

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with first choice does not protest in writing within _____ days, he or she waives the right to those particular dates.

Refer to Section 20 regarding travelling with the children.

7.4 Special Days

YES NO

- Mother Father shall have up to _____ Special Days per year in addition to the usual schedule.
- The children shall spend Mother’s Day with Mother, Father’s Day with Father, and parents’ birthdays with their respective parent. This is in addition to Special Days.
- Special Days shall not disrupt the regular schedule for more than 24 consecutive hours, and shall be scheduled according to the following guidelines:

YES NO

- Written notice shall be delivered to the other parent no less than _____ days and no more than _____ months in advance.
- The notice shall detail all particulars of the Special Day, including date, and pick-up and drop-off times and locations.
- Special Days shall not be scheduled on the other parent’s holidays (including three (3)-day weekends), birthday celebrations or vacations.
- Special Days shall not be scheduled for events in the children's life in which both parents would ordinarily participate, such as graduations, performances or athletic championships.
- Special Days shall not be combined so as to separate the children from the other parent for more than the maximum amount of time permitted for vacations.
- No more than _____ Special Days shall be used together.

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YES NO

- The parent exercising Special Day privileges shall provide all transportation unless the transitions occur at regular school, day camp or after-school care transition times.

7.5 Three-Day Weekends

YES NO

- Whenever a school holiday, teacher professional development day, or legal holiday falls on a Monday or Friday during the school year, the parenting time for that weekend shall be extended by 24 hours to include the holiday.

7.6 Extra Time

YES NO

- Either parent shall have the right to visit the children at school for lunch.
- Either parent shall have the right to remove the children from school during the children's lunch break to visit, provided the children do not miss any of their regularly scheduled school activities.
- Either parent shall have the right to remove the children from after-school care in order to spend more time with the children if the other parent is not available to spend time with the children at that particular time. The other parent shall be notified promptly as to where the children are and where the exchange shall take place. This time shall not interfere with either parent's regular scheduled parenting time.
- Extra time must be coordinated with the other parent in writing.

7.7 Scheduling Conflicts

YES NO

- In the event that "vacation time" conflicts with the parenting time set aside for the other parent, the holiday time will take precedence over all other schedules. For example, if it is Dad's alternate weekend, but Mom's spring break, Dad will lose his weekend, and vice versa.

8. Transition Between Homes/Exchanges

YES **NO**

- On those days when one parent picks up the children from the other parent after _____ pm, the parent who was with the children before this time shall ensure that the children have completed his or her homework and have eaten dinner.
- The parents shall alternate transportation responsibilities to and from exchanges.
- Mother Father shall be solely responsible for arranging transportation to and from exchanges.
- Parenting time exchanges shall occur at the following locations (i.e. school, restaurant, park, other parent's home) Include both pick-up and drop-off locations:

- The children may also be transported by the following people:

- The parents shall allow their children to have comfort items, such as blankets, stuffed animals and favorite toys with them when they transition from one house to another.
- The parents shall not discuss contentious issues, fight, be sarcastic, or demonstrate anger towards the other of any sort during exchanges with the children.
- In the event that the children are ill at a transition time, the other parent shall be notified and appropriate plans made for how to care for the children. The other parent will not lose their parenting time with the children.
- The parent with whom the children spend the first part of a major holiday such as Thanksgiving Day or Christmas Day shall, at least _____ days prior to the holiday, notify the other parent in writing of the location at which they shall meet

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to exchange the children. This location shall be within _____ miles/kilometers (circle one) of the other parent's home, if no other agreement is in place.

9. Transportation for Parents Living in Different Communities

If the parents live in different communities, transportation of the children between homes shall be via:

- car airplane other: _____

YES NO

- Mother Father shall be solely responsible for all transportation costs as per the schedule outlined in this agreement.
- The parents shall equally share transportation costs as per the schedule outlined in this agreement.
- In the event that a parent cannot afford to pay for transportation, then the other parent has the option of (but is not required to) pay for the transportation for the parenting time to take place.
- All transportation costs incurred in the event that a parent chooses the option to pay for transportation that their co-parent cannot afford shall be reimbursable within _____ days.

9.1 Transportation by Car

When the parents live in different communities where transportation will be by car:

YES NO

- The parents shall share the transportation of the children, with the parent who is receiving the children into their care being responsible for picking the children up from the other parent.
- The parents shall meet halfway between their respective homes. The meeting location shall be: _____

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YES NO

- The following parent shall transport the children both ways:
- Mother
 - Father
 - Parent receiving the children for their parenting time
 - Other: _____

9.2 Transportation by Airplane

When the parents live in different communities where transportation will be by airplane:

YES NO

- The parent booking the flights shall choose flights that minimize the disruptions to the children. This includes consideration of jet lag, settling-in times in the other parent’s home, and times appropriate to the children’s age and needs.
- The children may miss up to _____ days in school in order to accommodate travel arrangements and be with the other parent.

The costs of roundtrip airplane ticket(s) for the children shall be paid by each parent as follows:

	Mother	Father	Shared	M% / F%
All Trips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / ___
Summer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / ___
Spring Break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / ___
Winter Vacation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / ___
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / ___
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / ___

In the case of shared flight expenses, the following parent shall book and pay for the airplane ticket(s) up front, and be reimbursed by the other parent within _____ days of purchasing the tickets:

- Mother Father

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9.3 Airplane Escorts

When the parents live in different communities where transportation will be by airplane:

YES NO

- The children shall be accompanied by an escort during their flights so long as the airline they are travelling on requires an escort. The children may fly alone after this time.
- The children shall be accompanied by an escort during their flights until they turn _____ years old, even if the airline on which they are travelling no longer requires an escort.
- People who may escort the children during their flights include:
 - Mother
 - Father
 - Older siblings that are at least _____ years old.
 - Other: _____
- The costs of roundtrip tickets for any escorts, including if the escort is a parent, shall be paid by:
 - Mother
 - Father
 - Shared: _____
 - The parent doing the escorting

10. Right of First Refusal

YES NO

- Each parent shall give the other parent the first option to care for the children when they need childcare for more than:
 - 2 hours 4 hours 6 hours 8 hours overnight
- Each parent shall give the other parent a minimum of _____ hours' notice when exercising the first right of refusal.

11. Care of the Children

11.1 Childcare

Childcare or after-school care programs in which the children shall be enrolled include:

Childcare schedule, including location and times of drop-off and pick-up:

Monday	Tuesday	Wednesday	Thursday	Friday

YES NO

- Each parent shall be notified as to where the children will be after school while in the care of the other parent.
- Both parents shall have full access to daycare records and personnel.
- Childcare expenses shall be paid by:
 - Mother
 - Father
 - Shared (Mother % / Father %): _____
 - Alternating (Months/Years): _____

11.2 Education

The children's educational requirements shall be determined as per Section 3. The recommended public or private school is:

Other schools to consider in the future include:

The following parent(s) shall attend parent/teacher conferences:

- Mother
- Father
- Both Parents
- Alternating (Mother in odd years, and Father in even years)

YES NO

- Both parents shall have access to school records and personnel.
- Parents shall agree in writing concerning major educational issues such as repeating or skipping a grade, assessing for special education programs or gifted programs.
- The children's schools shall not be changed without prior written consent of both parents.
- The children shall not be home-schooled unless agreed in writing by both parents.

Mother Father shall be listed as person(s) to be notified immediately in case of an emergency. Their names, telephone numbers and addresses shall be listed as first person(s) to notify on all school, caretaker, healthcare provider and activity records.

11.3 Enrichment Activities

YES **NO**

- The parent who has responsibility for the children on a particular day shall participate in activities such as field trips or athletics during the school day.
- In the event that the parent responsible for the children cannot participate in these activities, he or she shall invite the other parent to participate.
- Parents shall be permitted to attend extracurricular activities that occur during the other parent’s parenting time.
- Each parent shall get approval from the other parent before planning enrichment activities, such as music lessons or sporting activities, when these activities fall on the other parent’s time.
- Each parent shall share information with the other parent about events and schedules of extracurricular activities in their children’s lives, including school programs, concerts, award ceremonies, sports events, games, etc. Sufficient notice will be given such that the other parent has an opportunity to attend.
- Parents shall consult one another about summer sleep-away camps or day camps by _____ (month / day) of each year.

Special needs or talents that need to be addressed in order to supplement the children's education are:

Extracurricular activities that I think are important for our children are:

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Dental: Name _____

Address _____

Phone _____

Vision: Name _____

Address _____

Phone _____

Mental Health: Name _____

Address _____

Phone _____

Other: Name _____

Role _____

Address _____

Phone _____

The person who shall take the children for regular medical check-ups and treatment is:

Mother Father Both Other: _____

YES NO

 No changes to the children's healthcare providers shall be made without written consent from both parents.

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YES **NO**

- Both parents shall have full access to all medical, dental and vision care records and personnel.
- Each parent shall use the children's regular healthcare providers when seeking routine healthcare for minor and ongoing conditions.
- Each parent shall provide advance notification to the other parent of proposed and forthcoming medical care and shall notify the other parent immediately of illnesses requiring medical attention or any medical emergencies involving the children.
- The parents shall obtain written permission before any elective medical treatments are performed on the children.
- In the case of an emergency, either parent shall have permission to take the children for treatment. The other parent shall be notified within _____ hours of the incident. Details shall be provided such as the children's condition, location, information regarding how to locate a physician, hospital or other healthcare provider. If the other parent is not available, then the following additional person shall be contacted in place of the other parent:

For Mother, contact:

Name: _____

Work phone: _____

Home phone: _____

Cell Phone: _____

For Father, contact:

Name: _____

Work phone: _____

Home phone: _____

Cell Phone: _____

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YES NO

- If there is insurance available for a particular type of healthcare, neither parent shall select or utilize a healthcare provider who is not a preferred provider under the terms of the policy without the written consent of the other parent.

11.6 Mental Health Care

Decisions regarding which mental health professional the children will go to and how long treatment will last shall be as outlined in Section 3 above.

YES NO

- Both parents shall be able to speak with the mental health professional regarding the children’s progress or to address ongoing concerns and have full access to their records.
- Written consent must be obtained to change or terminate therapy for the children.

Payment for the children’s therapy shall be made by:

- Mother Father Both (Mother % / Father % _____)

11.7 Medical and Dental Insurance

The following parent shall carry medical insurance for the children:

- Mother Father Both Other: _____

The following parent shall carry dental insurance for the children:

- Mother Father Both Other: _____

The following parent shall provide a vision care plan for the children:

- Mother Father Both Other: _____

Each parent’s itemized expenses for the children shall be provided to the other parent every _____ months. Any costs not covered by insurance shall be paid for by:

- Mother Father Both (Mother % / Father %: _____)

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11.8 Pets

All family pets acquired before separation shall reside with:

- Mother Father Alternate homes with the children

YES NO

- Costs to care for the matrimonial pets alternating between homes shall be paid by:

	Mother	Father	Shared	M% / F%
Routine Vet Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / ___
Emergency Vet Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / ___
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / ___

- The parents shall agree in writing before bringing a new pet for the children into either home.
- The parents can purchase pets for the children without requiring consent from the other parent.
- Any pets shall not be used to taunt, tease, bribe, guilt or otherwise discipline the children.

11.9 Clothing

Each parent shall maintain adequate well-fitting clothing and accessories in their respective homes for the children's use.

YES NO

- The children shall have the privilege of using and transferring their clothing between both homes for ongoing use.
- Clothing purchased by one parent shall either be worn back to that parent's home in the natural course of events within a few days or shall be returned laundered.
- Items such as jackets, tennis shoes and boots, which do not exist in duplicate in the children's wardrobes, shall move between households with the children.

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YES NO

- Each parent shall provide appropriate and well-fitting seasonal items such as jackets, tennis shoes and boots for sole use in their own home.
- When moving back and forth between households, the children shall be dressed in properly fitted clothing that is in good condition.
- Any clothing shall not be used to taunt, tease, bribe, guilt or otherwise discipline the children.

11.10 Major Purchases

YES NO

- The parents shall discuss major purchases for the children with the other parent before making them. Major expenses shall include:
 - high performance bicycles
 - vehicles, recreational or otherwise
 - gaming systems
 - any item costing over \$_____
- The cost of major purchases costing less than \$_____ shall be paid by:
 - Parent making purchase
 - Mother
 - Father
 - Shared (Mother % / Father %): _____
 - Agreed in writing on a case-by-case basis
- The cost of major purchases costing more than \$_____ shall be paid by:
 - Parent making purchase
 - Mother
 - Father
 - Shared (Mother % / Father %): _____
 - Agreed in writing on a case-by-case basis
- Major purchases made for the children shall be considered the children's property and the children shall enjoy the use of such items at both homes.

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YES NO

- Major purchases made for the children shall remain in the home of the respective buyer.

- Any major purchases shall not be used to taunt, tease, bribe, guilt or otherwise discipline the children.

12. Child Support

YES NO

- Neither parent shall make regular child support payments to the other.

Child support payments shall be \$ _____ per _____ (week/month)

by: Mother to Father Father to Mother

Support shall be paid according to the following time schedule (ex: \$250 on 1st and 15th of each month): _____

The support money shall be paid via:

- Mail e-transfer In Person Other: _____

The children's school fees (including school supplies, trips and projects) shall be paid by:

- Mother Father Shared (M% / F% _____) Other: _____

The children's private school tuition shall be paid by:

- Mother Father Shared (M% / F% _____) Other: _____

The children's post-secondary education tuition shall be paid by:

- Mother Father Shared (M% / F% _____) Other: _____

Extracurricular activities shall be paid by:

- Mother Father Shared (M% / F% _____) Other: _____

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State/provincial and federal tax deductions for the children shall be claimed by:

- Mother
 Father
 Shared (per below)
 Alternating (odd years: _____)

	Mother	Father
Child 1: _____	<input type="checkbox"/>	<input type="checkbox"/>
Child 2: _____	<input type="checkbox"/>	<input type="checkbox"/>
Child 3: _____	<input type="checkbox"/>	<input type="checkbox"/>
Child 4: _____	<input type="checkbox"/>	<input type="checkbox"/>

Child Tax Credits/Permanent Fund Dividends for the children shall be claimed by:

- Mother
 Father
 Shared (per below)
 Alternating (odd years: _____)

	Mother	Father
Child 1: _____	<input type="checkbox"/>	<input type="checkbox"/>
Child 2: _____	<input type="checkbox"/>	<input type="checkbox"/>
Child 3: _____	<input type="checkbox"/>	<input type="checkbox"/>
Child 4: _____	<input type="checkbox"/>	<input type="checkbox"/>

13. Assuring Future Support

YES NO

- Parents shall maintain a life insurance policy in the amount of \$_____ and supply proof of insurance to the other parent on a yearly basis by _____ (Month/Day).
- The other parent shall be named as beneficiary of the above life insurance policy in order to financially support and raise the children in the event of their passing.
- The children shall be named as beneficiary of the above life insurance policy with the following people acting as trustee on the policy until the children reach the age of majority:
- _____

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YES NO

- Parents shall set up a joint fund/savings account to be used towards the children’s post-secondary education. Include specifics, such as amount to contribute per year, who is to contribute, beneficiary, etc.:

14. Surname

The children’s surnames (last names) shall be: _____

YES NO

- When a parent marries, the children shall be allowed to change their surnames.
- When a parent marries, the children shall be allowed to call their new step-parent “Mom” or “Dad”.

15. Extended Family and Special Friends

YES NO

- Each parent shall facilitate contact between the children and extended family on both sides, including (but not limited to) grandparents, aunts, uncles, and cousins, except for the following people: _____

- Each parent shall be responsible to provide the children with visitation with the grandparents and extended family on their own side of the family during their parenting time.
- Each parent shall reasonably cooperate to allow the children visitation with the grandparents and extended family on the other parent’s side.

Other people who shall be encouraged to be available for the children include: _____

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16. Communication Between Parent and Child

YES NO

- Communication between parent and child shall be restricted to their own parenting time only.
- Each parent shall ensure contact for the other parent by telephone and/or video according to the following schedule:

Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

- Parents shall not contact the children earlier than _____ or later than _____, except in case of an emergency.
- Parents shall not use social media and gaming as a means to communicate with their children.
- Telephone and/or video communication with the children shall occur a minimum of _____ times per week, but no more than _____ times per week.
- A parent shall not prevent the children from contacting the other parent if requested by the children, provided that the requests are not excessive. _____ number of calls per day is considered to be excessive.
- Parents shall make the utmost effort to facilitate comfortable, natural communication between the children and the other parent.
- The parents shall allow the children privacy for telephone and video conversations with the other parent. No recordings of these conversations shall be made.

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YES **NO**

- The parent with whom the children reside is responsible for ensuring a return call to the other parent within _____ hours in the event that a message is left or a call is initiated at an inconvenient time.

- Whenever holidays, vacations or special days cause the children to be separated from a parent for more than _____ days, the parent caring for the children shall ensure that at least one telephone or video call every _____ days is **completed** between the children and the other parent.

- Parents shall ensure the children contact and celebrate the other parent on special occasions, birthdays, or when the other parent is sick, including assisting with gift purchases.

- Parents shall ensure that the children receive all packages and gifts sent by the other parent.

- Parents shall protect the children from exposure to animosity toward or disparagement of the other parent, including by other family members, friends or associates.

- Parents shall not make any negative personal remarks about the other parent, including the opportunity of the children to overhear personal or unflattering telephone conversations of a parent either with the other parent or about the other parent.

- Parents shall not use the children to convey information, ask questions or set up custody changes.

17. Cell Phones and Other Communication Devices

This section shall pertain to all cell phones, tablets, laptops, smart watches, gaming systems, and all other electronics that can be used for communication. The term "cell Phone" shall be inclusive of all of these devices.

YES **NO**

- The children shall be permitted to have the following communication devices at the specified ages:

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	Age		Age
Cell Phone	_____	Smart Watch	_____
Tablet	_____	Gaming System	_____
Laptop/Computer	_____		
Other:	_____		_____
Other:	_____		_____

YES NO

 Recurring cell phone bills shall be paid by:

	Child	Mother	Father	Shared	M% / F%
Child #1:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / ___
Child #2:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / ___
Child #3:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / ___
Child #4:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	___ / ___

Other payment arrangements (ex: alternating): _____

 Monitoring software, such as mSpy, shall be installed on all of the children’s cell phones and both parents shall have access to the activity logs. Costs of spy ware shall be paid by:

Mother Father Shared (M% / F%): _____
 Other: _____

 Both parents shall have full access to the children’s phone and other communication devices regardless of which parent purchased the device. No parent shall be locked out of any device that the children use.

 Each parent will have their own rules in their home regarding the use of cell phones and other communication devices.

 The parents will follow a parallel parenting approach to the use of cell phones and other communication devices, in which they both agree to enforce the same rules regarding these devices. The agreed upon rules include:

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YES NO

- The children shall not be permitted to sleep in the same room with their cell phone.

- Permitted times of cell phone use shall be as follows:

- The children must complete designated chores before receiving their cell phone at the beginning of each. Designated chores that must be completed include:
 - showering
 - brushing teeth
 - eating breakfast
 - taking out the garbage/recycling
 - other: _____

- The children shall spend no more than _____ hours per day using their cell phone or other communication devices.

- The other parent shall not call the children on their cell phone outside of the times outlined in Section 16 above.

YES NO

- No parent shall send excessive amounts of text messages to their children while they are with the other parent in an effort to disrupt the other parent's parenting time. The definition of excessive is:
 - more than _____ times per hour
 - more than _____ times per day

18. Communication Between the Parents

Parents shall communicate with each other via:

YES NO

- in person
- telephone
- text message
- email

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YES **NO**

- logbook (to travel between homes)
- online co-parenting app: _____
- other: _____

Parents shall communicate when:

YES **NO**

- One parent makes important independent decisions affecting the children's lives, that parent shall inform the other parent by: _____

- Each parent shall advise the other parent of his or her current address, residence telephone number and employment telephone number, fax number or e-mail address.
- Each parent shall provide the other parent with the address and phone number at which the children live and notify the other parent within 48 hours of any change of address (temporary or otherwise) and/or telephone number.
- If a logbook is a chosen method of communication, it shall be transported by the children from one parent to the other to provide continuity in childcare and to cite all important events, emotions, physical state and medications of the children.
- The other parent shall be informed of new people in the children's life such as daycare help, hired help, roommates, friends and parent's romantic partners.
- Parents shall receive written permission before scheduling events involving the children during the other parent's time.
- Parents shall harmonize the children's routines and schedule from house to house. Each parent shall let the other parent know about bed times, nap times and other routines as outlined in Section 6.
- Agreements that contradict this plan or that are outside of the scope of this plan shall be written in a business letter style, and a copy along with documentation of the agreement shall be sent to the other parent.

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Each parent shall provide for the other parent promptly all communications and information regarding the following:

- Healthcare providers
- Medications
- Report cards
- Copies of awards
- Samples of the children's schoolwork
- School calendars
- Newsletters and bulletins
- Lunch orders and menus
- Order forms for school pictures
- Invitations to special events including school, birthday parties or other activities that fall on the other parent's time
- Notice of activities involving the children
- Notice of any upcoming medical procedures (i.e. diagnostic tests, evaluations, surgeries)
- Results of all standardized or diagnostic tests or evaluations of children's progress, performance and/or ability
- Other: _____

19. Parent Education Classes

YES NO

- Mother Father shall be required to finish a skill-building parent education program (i.e. co-parenting class, coach facilitated conflict resolution). If yes, what program is agreed upon? _____

- The cost of the parenting class shall be paid by:
 Mother Father Shared (M% / F%): _____
 Other: _____
- Proof of completion of the class shall be provided to the other parent.

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20. Travelling with the Children

YES **NO**

- Either parent may travel within the country with the children during their parenting time.
- Either parent may allow the children to travel with others (sports team, school activity, church, relatives, etc.) during their regular scheduled parenting time.
- The parent travelling with the children or allowing the children to travel with others for longer than _____ shall deliver written notice to the other parent, designating the vacation, at least _____ days in advance and no more than one (1) year in advance.
- Each parent shall provide the other with a basic itinerary for the vacation at least _____ days prior to departure to include travel dates, destination and telephone numbers for emergency purposes. If there is a change in plans, the new information shall be provided promptly.

21. International Travel and Passports

YES **NO**

- The children's passports shall be available for use by Mother Father
 Other: _____
- The following person shall be responsible for keeping the children's passports when not being used:
 Mother Father Neutral party: _____
 Lawyer (Mother's / Father's): _____
- The cost of obtaining passports for the children shall be paid by:
 Mother Father Shared (M% / F%): _____
 Other: _____
- Parents shall require written permission from the other parent before travelling outside of the country with the children.

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YES NO

- Parents shall be entitled to travel with the children outside of the country for the purpose of vacations during court ordered times without consent of the other party.

- A letter of consent authorizing the children to travel will be provided to the travelling parent within _____ days of travel.

The children shall be permitted to leave the country only under the following circumstances:

22. Military Parents

22.1 Pre-Deployment Parenting Time

YES NO

- The parent being deployed shall have up to _____ days of parenting time immediately preceding deployment.

- The children may miss up to _____ consecutive days of school to accommodate this time, and the parents shall coordinate homework, assignments and tests with the school as much as is practical so that the children do not fall behind in school.

- The deploying parent will ensure that photographs and video-tapes (if possible) of him or her with the children during their time together are provided to the other parent at the end of their parenting time.

- The parent (or other custodian) shall frame or create an album of the photographs for the children to view at any time, and make the videotapes available to the children at their request, ensuring that they are watched a minimum of _____ times per week.

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22.2 Communication with a Deployed Parent

YES **NO**

- Whenever possible, the deployed parent shall provide a schedule providing times they are available to contact the children at least _____ days in advance.

- The custodial parent shall ensure flexibility in the children’s availability and make certain the children are in contact with the deployed parent a minimum of _____ times per week/month (circle one), provided the deployed parent is available.

- The children shall not go more than the following length of times without being in contact with the deployed parent:

Telephone: _____ days and/or _____ weeks
Video Call: _____ days and/or _____ weeks
Email: _____ days and/or _____ weeks
Text Message: _____ days and/or _____ weeks

22.3 Parenting Time While on Leave

YES **NO**

- There shall be a re-acquainting period of _____ days with the military parent immediately upon their return from deployment.

- A parent returning from deployment shall have up to _____ consecutive days of parenting time immediately upon their return from deployment.

- The children may miss up to _____ days of school to accommodate this time, and the parents shall coordinate homework, assignments and tests with the school as much as is practical so that the children do not fall behind in school.

- Changes in the parenting time schedule while a military parent is deployed are considered to be **temporary**. The parenting time schedule as outlined

in Section 7 of this plan shall be resumed upon the parent’s return from military service.

22.4 Extended Family of a Military Parent

YES NO

- While a parent is deployed for military duty, the other parent shall provide the following visitation time to the children’s grandparents and extended family on the deployed parent’s side of the family:

Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

22.5 Child Care and Support

YES NO

- Child support obligations outlined in Section 12 of this plan shall remain in effect regardless of whether or not a parent is deployed for military duty or on leave, unless otherwise ordered by the court.
- Child support obligations are temporarily suspended while a parent is deployed for military duty:
 - if the parent receiving support is deployed
 - if the parent paying support is deployed
 - always

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YES NO

- If the parent with primary physical custody is deployed for military duty for a period of at least _____ months, the other parent will be given first option to care for the children:
 - in the children’s home community
 - in the other parent’s community

- If the parent with primary physical custody is deployed for military duty, the following individual will be responsible for the primary care of the children and ensure the other parent maintains their parenting time:

Name: _____

Relationship: _____

Address: _____

Phone: _____

23. Parent Moves – Notice and Future Schedule

YES NO

- The children’s residence shall remain within _____ miles/kilometers (circle one) of the children’s current school/residence, unless written consent is received from the other parent or orders from the Court are made.
- Parents are required to provide a minimum of _____ days’ notice before moving more than _____ miles/kilometers (circle one) from the children’s current primary residence. No consent from the other parent is required.
- Parents shall be required to maintain a stable home environment and by not moving more than _____ times within a _____ year period.

24. Safety Issues

24.1 Drug or Alcohol Abuse

YES NO

- Mother Father shall be permitted to consume no more than _____ drinks per day while the children are in their care.
- Parent shall not use alcohol or drugs for at least _____ hours before assuming responsibility of the children or while the children are in his or her care.
- There shall be a drug/alcohol assessment to determine if the Mother Father has a substance abuse problem within _____ days of entering into this agreement.
- Mother Father shall submit to breathalyzer testing according to the following schedule:
 - Within _____ hours before parenting time is initiated
 - Random daily testing during parenting time
 - According to the following schedule:

Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

- Mother Father shall be required to install a breathalyzer in their primary vehicle, and shall only use this vehicle for transporting the children.
- Mother Father shall pay for the costs associated with this installation.

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YES NO

- The use of marijuana is permitted during parenting time:
 - Recreationally (if legal) If prescribed by a doctor

- Mother Father shall submit to random drug testing for the standard panel of drugs with a release signed that the results shall be sent to:
 - The other parent Attorney (Mother's / Father's): _____
 - Other: _____

- The schedule for random drug tests shall be determined by:
 - The other parent Attorney (Mother's / Father's): _____
 - Other: _____

- The parent submitting to drug testing shall comply within _____ hours of notification of testing.

- No more than _____ (number) of drug tests shall be conducted per year.

- Any costs associated with any drug and/or alcohol testing shall be paid by:
 - Parent being tested
 - Parent requesting the test
 - Shared: _____

- Any requirement for drug and/or alcohol testing shall be terminated after _____ months of negative test results.

- Mother Father shall attend _____ (number) of AA or NA meetings per week.

- If either parent suspects the other parent of being under the influence of drugs or alcohol at the time of the exchange of the children, law enforcement shall be contacted to confirm the suspicious behavior. Upon confirmation, the parent under suspicion shall submit to immediate testing. The cost of this test shall be paid by the parent being tested if the result is positive. Otherwise, the parent requesting the test shall bear the costs.

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YES NO

- In the event that the above clause is implemented and the drug/alcohol test results are positive, the children shall not be released to the other parent until their next scheduled parenting time.

- In the event that the above clause is implemented and law enforcement denies suspicious behavior or the drug/alcohol test results are negative, any loss of parenting time shall be added onto the end of the scheduled parenting time.

24.2 Anger Management

Mother Father shall attend _____ (number) anger management classes.

24.3 Monitoring

Parenting time for Mother Father shall be supervised by a mutually agreed upon third party professional monitor. The name of the monitor is:

The monitor shall be paid for by:

Mother Father Shared: _____

24.4 Other

YES NO

- Firearms shall be safely stored according to jurisdictional firearms regulations.

- Both parents shall become and maintain CPR /First Aid certification within _____ weeks of entering into this agreement. Proof of completed certification and maintenance of this certification shall be provided to the other parent. Recertification shall be provided within _____ weeks of completion.

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25. Consent

Written consent of both parents is required for:

YES NO

- Changing the children’s regular healthcare provider
- Major non-emergency surgery
- Participation in dangerous activities (any activity requiring a waiver)
- Change of children’s surnames
- Issuance of a work permit
- Signing for a driver’s license
- Issuance of a marriage license
- Enlistment in the armed forces
- Other: _____

26. Changes or Modification of the Parenting Plan

The parents can vary this plan in the following circumstances:

YES NO

- This plan can be modified on a case-by-case basis to accommodate special events, important family affairs, etc., or to adjust the children’s schedule so long as the parents agree.
- Any changes to the plan must be in writing and signed, or agreed upon, by both parents with or without mediation.
- Either parent may file a motion to modify child custody with the court provided there has been a significant change in circumstances that requires this plan be substantially modified.
- Either parent may file a motion to modify child custody with the court provided there has been repeated and/or significant breaches to this parenting plan.

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27. Disputes

Decisions regarding the children shall be made in accordance with Sections 3 and 4 of this plan. In the event that the parents are designated to jointly make decisions and they are unable to reach an agreement or the agreements within this plan are not being followed, the following pathway to resolve the dispute shall be implemented (enter order in which different dispute resolution methods shall be implemented):

Sequence

- _____ co-parenting coach: _____
- _____ counsellor: _____
- _____ trained mediator: _____
- _____ arbitration: _____
- _____ collaborative lawyer: _____
- _____ court (independent lawyers)

28. Failure to Comply

YES NO

- If a parent or any other person on their behalf breaches any term of this agreement relating to parenting time or contact, a law enforcement official shall provide assistance to ensure compliance with the agreement. The official may do such lawful acts as may be necessary to enforce the agreement.
- Any loss in physical parenting time that is a result of a parent's actions or lack of enforcement (parenting time is the responsibility of the parents, not the children) shall result in a daily fine of \$_____ payable within _____ days of the infraction.
- Any blocking of agreed communication between parent and child as per Section 16 that is a result of a parent's actions or lack of enforcement shall result in a daily fine of \$_____ payable within _____ days of the infraction.
- If any one child misses more than _____ days of school within any given school year while in the care of one parent, it shall be considered a gross breach of this agreement that warrants a change in custody. Changes will be handled as per Section 27 of this agreement regarding disputes.
- Failure to comply with the agreements set forth in this parenting plan shall be grounds for taking legal action to correct the situation.

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YES **NO**

- In the event that consistent and ongoing non-compliance is documented, the non-compliant parent accepts responsibility for any financial fees incurred by their co-parent in enforcing the co-parenting plan through the dispute resolution pathway outlined in Section 27 of this agreement. Consistent non-compliance is defined as _____ (number) of times over a span of _____ months.

29. Entire Agreement

This Co-Parenting Plan constitutes the entire understanding between the parties with respect to the parenting arrangements for the children and supersedes all other agreements, whether written or oral, between the parents.

Mother

Father

Date

Date

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Initials

The Ultimate Co-Parenting Plan



Parent Availability

Parent: _____

<i>Time</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
6:00am							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00pm							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00am							
1:00							
2:00							
3:00							
4:00							
5:00							
TOTAL HRS							

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Initials

Co-Parenting Plan Worksheet



4-Week Timeshare Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

List exchange times and locations.

NOTES: _____

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Initials

HOLIDAY SCHEDULE			
HOLIDAY	TIME	EVEN YEARS	ODD YEARS
New Year's Eve			
New Year's Day			
Martin Luther King Day			
President's Birthday			
Passover			
Easter Sunday			
Mother's Day			
Memorial Day			
Father's Day			
July 4 th			
Labor Day			
Yom Kippur			
Rosh Hashanah			
Halloween			
Thanksgiving			
Hanukkah			
Christmas Eve			
Christmas Day			
Personal Holiday			
Personal Holiday			
Child's Birthday			
Mother's Birthday			
Father's Birthday			
VACATION SCHEDULE			
Winter Vacation – 1 st Half			
Winter Vacation – 2 nd Half			
Spring Vacation – 1 st Half			
Spring Vacation – 2 nd Half			
Summer Vacation			
Other			

Holidays, vacations and special days on this schedule shall take precedence over the regular parenting schedule.

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