



FOR PERSONAL USE ONLY, AS AN EXERCISE ACTIVITY ONLY - NOT TO BE SHARED

PARENTING PLAN WORKSHEET

This document is not a list of all issues involved in developing a parenting plan. This worksheet is to be used as an exercise activity, not to be created and presented to the other parent. The intention is this worksheet to be used to get you thinking about all the areas to help build a sustainable co-parenting plan. This worksheet works best when both parents complete and provide to their mediator, this helps to see where there is alignment and what areas are priority. Parents are advised to seek independent legal advice prior to a final agreement and therefore Anchor Mediation (owner of document) is not liable or held responsible for any errors or omissions.

PARENTING SCHEDULE

Please describe your **current** parenting schedule. What is the schedule currently with each parent.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Using the table below. Describe your ideal/proposed Parenting Time Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

TRANSPORTATION

Transportation schedule will coordination who will pick up and drop off during parenting time transfers.

1. Who will provide transportation during parenting time transfer pick ups?

2. Who will provide transportation during parenting time transfer drop offs?

3. Will the parent responsible during the extra-curricular activity also be responsible for transportation to and from the activity?

4. Any concerns regarding transportation?

EXTRA-CURRICULAR AND/OR SCHOOL ACTIVITIES

Describe the current extra-curricular activities the child(ren) are currently registered in. Include the details of which parent is responsible for attendance.

CHILD	ACTIVITY	SCHEDULE	COST	PARENT RESPONSIBLE (Attendance)



Cost determination for extra-curricular activities to be the responsibility as follows:

Mother [] Father [] Both Equally []

Other:

1. Parents will respect each other’s time with the child(ren) and will not schedule activities during the other parents’ time without prior permission and coordination.
2. Decisions for extra-curricular activities to be the responsibility as follows:
 Mother [] Father [] Both Equally []
3. Can both parents attend the extra-curricular activities or under what circumstances can both parents attend?

SCHEDULE FOR HOLIDAYS

Please an X on the ideal/proposed schedule

Holiday	Mother	Father	Odd Year	Even Year	Every Year
Christmas Eve					
Christmas Day					
New Years Eve					
New Years Day					
Family Day					
Easter Friday					
Easter Sunday					
Mother’s Day					
Father’s Day					
Canada Day					
Civic Holiday					
Labour Day					
Thanksgiving Day					
Halloween					
Other:					



PA DAYS (if school has commenced)

PA days (scheduled days off from school) will continue with the parent’s schedule in while it falls and be spent with the parent who the children are already with that weekend and/or weekday.

If this arrangement does not work, please outline an alternative option for PA Days:

BIRTHDAYS

Please select the option on which works best and is most beneficial to the child and sustainability.

1 – The parents will rotate having the children on their birthdays by alternating years. The Mother will have the children on [] Odd Years OR [] Even Years and The Father will have the children on [] Odd Years OR [] Even Years

OR

2 – Each parent will make their own arrangement for birthday parties, coinciding with the regular parenting schedule stated above.

3 –

Other: _____

SCHOOL/DAYCARE

Enrollment / Attendance

The child(ren) will be enrolled and attend as follows:

Print Name of School/Daycare that they will continue to attend.



1. Mother Father to reside in the jurisdiction of the school they are registered to attend.
2. The child(ren) shall continue to attend such schools as long as the parents agree, or Mother can change such decision, or, Father can change such decision.
3. In the event that the school authorities should find that a child might be an exceptional student or a student with special needs, both parents shall have the right to attend and to be informed of any pertinent meetings (including parent teacher meetings) or testing, or Mother only, or, Father only.
4. The consent of Mother Father both parents shall be needed before any special recommendations can be instituted.
5. How will the parents be provided information from the school: Both parents, or Mother only, or, Father only, shall be informed of any school trips or activities in which parental participation is desired, and they should discuss among themselves which one of them will attend.
6. If either parent is unable to decide which school related activities, they will attend (as set out above), they shall alternate with Mother taking the first activity day in even numbered years and Father taking the first activity day in odd numbered years.
7. Prior to graduation from High School, Mother and Father will consult each other with respect to the post High School education of the children and costs if not otherwise determined.

Special Education: Special education plans are as follows (if a child has special needs)



RELIGIOUS UPBRINGING (If Applicable)

The following is acknowledged as the children's faith: _____

If the children are part of an agreed congregation or place of worship, enter the name or place here: _____

The parents will continue, where agreed, to continue with worship or religious instruction. If there is no agreement on the religious upbringing, the following will have decision making authority or responsible for providing an alternative option: Mother OR Father

Before any change in the religious affiliation of the child(ren), the parents will consult in advance and attempt to reach an agreement with respect to any such change.

Yes

No

DAILY ROUTINES

The parents agree on the following strategies for managing child(ren)'s behaviour:

Bedtime on weekdays: _____

Bedtime on weeknights: _____

Homework time: _____

DISCIPLINE ALIGNMENT

The parents agree to the following strategies involving discipline or behaviour management, when required:



DAY-TO-DAY DECISIONS / DAILY NEEDS

Each parent will be responsible to make decisions regarding the day-to-day care and responsibility of each child while the child is residing with that parent. Regardless of the allocation of decision making in the parenting plan, either parent must make decisions in emergency scenarios involving the child(ren)s immediately health and safety.

When each child is in the care of a parent, that parent will insure the child will be properly groomed, fed, clothed and supervised. The child will be given proper physical, health and day care as appropriate.

MEDICAL

The child(ren) shall be medically cared for by the primary care providers who shall be appointed by [] Mother [] Father [] Both parents.

If the children already have primary care providers, please list here:

Pediatrician/General Practitioner: _____

Dentist: _____

Other: _____

Please list any medical conditions or allergies, if known:

1. Both parents shall have the right to give consent to emergency medical/dental care during times that the child is in their care and responsibility.
2. Each parent shall undertake to inform the other parent of the extent and nature of the care and the extent and nature of the emergency as soon as is possible, but within hours.
3. The parent who has the care of the child while the child becomes ill will inform the other parent of the nature and extent of the illness within hours.



4. Both parents shall have the right to be informed of any regular medical appointments that the child might have [] Mother [] Father [] Both may attend regular appointments. List how appointment times be communicated and shared: _____
5. Both parents have the right to receive and give information to a medical professional (that includes other health care professionals such as nurses, physiotherapists, social workers, psychologists and others).
6. If the child needs to be referred to a medical specialist, the consent of [] Mother [] Father [] both parents will be needed to schedule such referral.
7. Both parents shall have the right to be informed of any dental appointments that the child(ren) might have.
8. If the child needs to be referred to a dental specialist, the consent of [] Mother [] Father [] both parents will be needed to schedule such referral.
9. The [] Mother [] Father shall be the primary parent with the child(ren)'s doctor.
10. The [] Mother [] Father shall be the primary parent with the child(ren)'s dentist.
11. The [] Mother [] Father shall be the primary parent with the child(ren)'s orthodontist.
12. If there should be a need for the child(ren) to be referred to a mental or behavioural health expert, the consent of [] Mother [] Father [] both parents will be needed to schedule such referral.
13. Both parents have the right to participate in, consult with and be consulted by such a practitioner. Participation or consultation of both parents should be left to the judgment of the clinician.
14. The child(ren)'s health cards shall be held by [] Mother [] Father



SPECIAL NEEDS

In the event a child has or develops special needs owing to a developmental, physical, psychological, learning, psychiatric, social, behavioural or emotional condition, such needs will be addressed as follows:

MOBILITY

The residence of both parents shall remain [] kilometers of each other or within the children's school district.

If one parent has to move outside of the children's school district, how would parenting time changes be handled?

TRAVEL

1. The child(ren)'s travel documents (Passport) will be held by [] Mother [] Father.

2. The child shall not be taken outside of their Province of residence without informing the other parent. The other parent shall be informed within _____ days/weeks notice. The non-traveling parent has the right to approve the travel time and destination:
[] Yes
[] No

3. The child shall not leave the country without being fully covered by appropriate medical insurance:
[] Yes
[] No



4. The parent with whom the child(ren) are traveling shall provide the other parent with the following information:
- a. Contact number where a message can be left or where they can be reached;
 - b. Flight information; and
 - c. Travel location and duration.
 - d. Other:

CHILD CARE

1. Each parent shall be responsible for making their own child care arrangements for the temporary alternate care of the child(ren) (babysitting), when such care is needed, with the exception of the conditions set out below:

2. Each parent shall inform the other who is providing alternate care for the child(ren).

[] Yes

[] No

3. Each parent shall have the right to communicate with the person who is providing alternate care for the child(ren).

[] Yes

[] No

4. If the parent with whom the child is resident is going to be absent for hours, the other parent shall be given the right of first refusal to care for the child(ren).

CHANGE OF NAME

Neither parent shall change the given name or surname of the child(ren) without the written consent of the other parent.

[] Yes

[] No



NEW PARTNERS/SPOUSES

Parents will act with due consideration to how the child(ren) shall address a parent's new partner or spouse (stepparent). Parents will discuss this issue prior to any decision being implemented.

- Yes
- No

COMMUNICATION

Parents agree that communication will remain respectful and child centered.

Describe your ideal communication plan for changes to parenting plans, travel, health etc.:

Will a shared calendar be used for appointments and meetings regarding the child(ren):

- Yes
- No

REVIEW

As children grow, their needs change, and as such it will be necessary to review this Parenting Plan Agreement from time to time. The parents therefore agree that either may request a review of this Parenting Plan Agreement. Suggested minimal guidelines for reviews are:

- o For elementary school aged children the plan may be reviewed at yearly intervals.
- o For adolescent children, the Parenting Plan may alter quite regularly, but with less concern to the parent's schedule and more concern with the adolescents' schedule.



NOTES

Please use this page for notes for additional topics you would like to be addressed and added to your parenting plan.