**Sample Parenting Time Plans**

Summary of Parenting Time Schedules. Pick one of these plan or make your own that you initial. Fill in the hours (such as noon to 4 p.m., or 3 p.m. until 8 p.m.) The charts below are samples. The orange color indicates the time the child is with the noncustodial parent.

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| Plan No. | **Description Of Parenting Plan** | Birth – 24 Mos. | 24 – 36 Mos. |
| 1  | Three periods of 3-5 hours spaced throughout each week | √ |  |
| 2 | Two periods of 4-6 hours spaced throughout each week | √ |  |
| 3 | Two 3-5 hour periods + one 8-hour period spaced during each week | √ | √ |
| 4 | Two periods of 3-6 hours and one overnight each week | √ | √ |

Advantages of Plans 1, 2, and 3:

* The baby has frequent but short visits with the noncustodial parent
* Offers consistency and predictability
* Custodial parent gets a few breaks throughout the week

Disadvantages of Plans 1, 2, and 3:

* There are 6 exchanges each week, which might be difficult if parents don’t get along.
* The week may seem a bit “choppy” or broken up.

Advantages of Plan 4:

* Baby has frequent but short visits with the noncustodial parent.
* Custodial parent has a few breaks throughout the week.
* There is consistency and predictability.

Disadvantages of Plan 4:

* There are 5-6 exchanges each week, which might be difficult if the parents don’t get along
* The week may seem a bit “choppy” or broken up.

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| **Parenting Time: Plan 1** |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| **Parenting Time: Plan 2** |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| **Parenting Time: Plan 3** |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| **Parenting Time: Plan 4** |
|  Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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Things to Think About

* Your Child — Her age, her personality, how easily (or not) she adjusts to change, and any special needs she might have
* Caring for Your Child — How much time has each parent spent taking care of your baby? *Before* your separation? *Recently?* How would you like to share responsibilities *in the future*?
* Parents’ Relationship — Your ability and willingness to talk with each other and get along in front of your child
* Daily Schedules — Your child’s, yours, the other parent’s, and any other family members who may be affected by a schedule change
* Distance — Between each parent’s home, work, child’s daycare, or any other place you go daily
* Separation – How will separation from either parent affect your child?
* Siblings – Does your child have a brother or sister and will they have the same schedule for parenting time?
* Other People – Are there other people in the home? How will their presence affect your child?
* Warm-up Time- If one parent hasn’t had much (or any) recent contact with your child, it’s best to gradually increase time with that parent to give your child a chance to build comfort and trust.

Keep in mind that children age 0 – 3 change a lot in a very short period of time. As your child changes, your plan will need to change, too.