**Nina Raff, LCSW**

San Francisco, CA

LCS15391

[www.ninaraff.com](http://www.ninaraff.com)

Venmo: nina-raff

Zelle: 4153096608

ninaraff@aol.com

**415-309-6608**

**PARENTING PLAN WORKSHEET**

Address Parent #1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#2

Phone: Phone:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

Coparenting mission statement:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Children:

DOB\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Residential schedule:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| AM: Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| Day |  |  |  |  |  |  |
| PM |  |  |  |  |  |  |
| Overnight |  |  |  |  |  |  |

Pick ups: Incl location and which parent

Drop offs: incl location and which parent

Special considerations, including after school activities etc.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| AM: Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
| Day |  |  |  |  |  |  |
| PM |  |  |  |  |  |  |
| Overnight |  |  |  |  |  |  |

Pick ups: incl location and which parent

Drop offs: Incl location and which parent

Special considerations, including after school activities etc.

Phone/facetime and zoom will be available to either parent at any time the children want to speak with them, and especially if a longer stay with one parent is decided upon, the children will speak with the non-residential parent \_\_\_\_\_\_\_\_\_? Daily? Every other day?

Vacations:

2 weeks w one parent and 2 weeks w the other? For instance.

Alternate?

Smaller holidays—3 day weekends how to organize?

NY Day

MLK

President’s Day

Easter

Passover

Mother’s Day

Memorial Day

Father’s Day

July 4

Labor Day

Rosh Hashanah

Yom Kippur

Indigenous Peoples’ Day

Halloween

Veteran’s Day

Thanksgiving

Chanukah

Xmas eve/day

Child’s Birthday

Each parent’s bday

Often with 3 day weekends, the parent who has the children will include the weekend. (Fri- Monday am)

Winter, Spring,

Summer vacation: Same as school year? Longer periods?

Each parent will decide and communicate vacation plan no later than????

Any religious issues?

Both parents will attend school functions/meetings w teachers, etc.

Revisit for driving privileges and instruction when 15 Y?

Any medical issues?

Therapy for the children?

**Both parents will speak well of the other parent. Disagreements will be handled OUT of earshot of the children.**

NEW RELATIONSHIPS

Parents agree to protect the children from info re any casual dating. They agree that they will not introduce the children to a new relationship until it has been a committed relationship for at least \_\_\_\_\_\_\_\_\_\_\_\_\_(duration). In addition, they agree to inform the other parent before the children are informed or introduced to a new partner.

Both parents will refrain from introducing the children to casual dates. If either parent establishes a relationship with a person who is becoming a “significant other,” they will inform the other parent as soon as is practical, before introducing this person to the children. If a child inadvertently meets the person who may become a significant other, the parent will inform the other parent before telling the child that this is the case, or asap.

The children will be informed gradually, with the information being given in a neutral setting.

The parent will be sensitive and use discretion in displaying affection towards this new person.

Overnight stays with the children in the home will not occur until the children are comfortable with the new situation.

Feedback will be given between the parents on regular basis when a new relationship is being introduced to the children.

Parents will consider outside support if needed for the children when a new adult relationship is being introduced.

The role of the stepparent will be discussed between the parents.

As the relationship proceeds, the parents will be communicating about it, and help will be procured if needed, so that both parents can support this process.

It is understood that most of the parenting and parenting decisions will remain in the hands of both parents, except in emergency situations and/or with agreement of both parents.

Any new siblings, pregnancies or adoptions will be discussed between the parents before the children are informed.

Day to Day Decisions:

Each parent will make day to day decisions regarding the children when they are with the child.

Medical Decisions:

MD?

Insurance?

Dentist?

Any changes in these will be discussed by the parents before changes are made.

Parents will inform each other immediately if there is an emergency or if a child is ill.

Both parents will have the right to consent to medical treatment for children.

Travel:

The passports shall be in the care of ?

But accessible to the other parent as needed.

Is childcare an issue?

Children’s belongings:

How will they be handled between the 2 households?

Each parent will encourage and support relationships between the children and the family and close friends of the other parent.

Trus

ts/wills?

Other issues\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If disagreements arise, parents agree to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dispute resolution method.