



## PARENTING PLAN WORKSHEET

This Parenting Plan Worksheet is designed to give parents some ideas regarding possible approaches to developing a co-parenting plan for your child[ren]. Feel free to use this worksheet as a source of information and a means of sharing your co-parenting proposals with the other parent and your mediator.

This parenting plan is based upon the parents' joint recognition that each will be parenting the above child(ren) for the rest of his or her life and that it is in the best interests of the child(ren)'s psychological, emotional and physical well-being that both parents continue to share parenting responsibilities and privileges.

This form **does not** include every possible issue you may want to address. If you need more space than is provided, attach additional pages to the form.

### INFORMATION ABOUT THE CHILD[REN]

Full Name

Date of Birth

Sex

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### PARENTING TIME SCHEDULE

**Residence:** Indicate the residence of all child(ren). In situations of “joint legal custody and joint physical custody” or “sole legal custody and joint physical custody,” the residence of one of the parents shall be designated as the address of the child(ren) for mailing and educational purposes (Section 452.375 RSMo).

The child(ren)'s residence shall be: (check one of the following

options)  primarily at Mother's home.

primarily at Father's home.

shared between both parent's homes



**Weekday and Weekend Schedule.**

Our child[ren] will be in the care of **MOTHER**

(list days and times): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Our child[ren] will be in the care of **FATHER**

(list days and times): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Note: Examples provided on last page of document.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

**Occasional Changes to Parenting Time Schedule.**

If a parent desires to make a one-time or short-term temporary change in the above parenting time schedule, the other parent shall cooperate to the extent possible, considering the child(ren)'s needs. The parent desiring the change shall not inform the child(ren) about the change until the parents have agreed upon the change.



**Summer Schedule.**

*Choose one:*

The schedule described above in Section 2.1 will continue throughout the summer except that

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**OR**

The schedule for time with our child[ren] will be different during the summer than it is during the school year (describe below):

Our child[ren] will be in the care of **MOTHER**  
(list days and times): \_\_\_\_\_

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Our child[ren] will be in the care of **FATHER**  
(list days and times): \_\_\_\_\_

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**Holiday Schedule.**

The following holiday schedule will take priority over the regular weekday, weekend, and summer schedules discussed above. If a holiday is not specified as even, odd or every year with one parent, then our child[ren] will remain with the parent they are normally scheduled to be with. *(Check one or both):*

When parents are using an alternating weekend plan and the holiday schedule would result in one parent having the child[ren] for three weekends in a row, the alternating weekend pattern will restart, so neither parent will go without having the child[ren] for more than two weekends in a row.



[ ] If a parent has our child[ren] on a weekend with an unspecified holiday or non-school day attached, they shall have our child[ren] for the holiday or non-school day.

Fill in the following blanks with the parent's name to indicate where the child[ren] will be for the holidays. Provide beginning and ending times. *See Example Times In First Column.*

<b>HOLIDAY</b>	<b>EVEN-NUMBERED</b>	<b>ODD-NUMBERED</b>	<b>BEGIN/END TIME</b>
Easter <i>Ex: 9:00 a.m. until 6:00 p.m.</i>			
Memorial Day weekend <i>Ex: 6:00 p.m. Friday until 6:00 p.m. Monday</i>			
Juneteenth <i>Ex: 9:00 a.m. until 6:00 p.m.</i>			
Fourth of July <i>Ex: 6:00 p.m. July 3<sup>rd</sup> until 6:00 p.m. July 5<sup>th</sup></i>			
Labor Day weekend <i>Ex: 6:00 p.m. Friday until 6:00 p.m. Monday</i>			
Halloween <i>Ex: 6:00 p.m. until 9:00 p.m.</i>			
Thanksgiving <i>Ex: 6:00 p.m. Wednesday until 6:00 p.m. Friday</i>			
Winter Break "A" <i>Ex: 6:00 p.m. the day school gets out for winter break until 9:00 p.m. December 24<sup>th</sup></i>			
Winter Break "B" <i>Ex: 9:00 p.m. December 24<sup>th</sup> until the morning school resumes</i>			
Mother's Day <i>Ex: 9:00 a.m. until 6:00 p.m.</i>			
Father's Day <i>Ex: 9:00 a.m. until 6:00 p.m.</i>			
Child's Birthday <i>Ex: 9:00 a.m. until 6:00 p.m.</i> <i>Note: if a child's birthday is on a school day, the parent shall have parenting time on the Saturday immediately before the child's birthday</i>			
Spring Break <i>Ex: 6:00 p.m. the day school gets out for spring break until 6:00 p.m. the night before school resumes</i>			



**Other school holidays:**

**Vacation Time:**

Each parent/Mother/Father shall be entitled to take the child(ren) out of town as often as desired on his or her scheduled parenting time or at other times agreed upon between the parents;

Each parent/Mother/Father shall be entitled to take the child(ren) out of town for up to a total of \_\_\_ days/weeks per year, and this out of town time shall supercede the above parenting time schedule;

The scheduling of the above travel and vacation times shall be by mutual agreement of the parents. The parent seeking travel or vacation time shall advise the other parent at least \_\_\_\_\_ days/months before the proposed dates so that the parents have time to agree on the actual dates.

Each parent/Mother/Father shall be entitled to take vacation time without the child(ren) (out of town or at home) during his/her scheduled parenting time and the other parent shall be responsible for the child(ren) for up to \_ days/weeks per year. Such vacation time shall be at times agreed upon between the parents. Neither parent shall tell the child(ren) about a proposed vacation for the child(ren) without first discussing the dates and destination with the other parent.

**Other:**



**Alternative Care:**

If the parent who is scheduled to be responsible for the child(ren) is not able to be with and care for the child(ren) (check one of the following options and fill in the blank)

s/he shall be responsible for arranging alternate care for the child(ren).

s/he shall first ask the other parent to care for the child(ren). If the other parent is not able to care for the child(ren), the parent who is scheduled to be responsible for the child(ren) shall be responsible for arranging alternate care for the child(ren).

the other parent shall be responsible for the child(ren).



**SPORTS PROGRAMS, MUSIC LESSONS, OTHER ORGANIZED ACTIVITIES**

Major decisions regarding the child(ren)'s participation in sports programs, music and other lessons, and other organized activities outside the regular school day shall be made: (check one of the following options)

- jointly by agreement of both parents.
- by Mother.
- by Father.
- by the parent who will be responsible for the child(ren) when the activity is scheduled to occur

\_\_\_\_\_.

When making decisions in the above area jointly by agreement of both parents, each parent shall provide to the other parent any and all information which s/he may have about the activity under consideration. Such information shall include the cost of the activity and any equipment required for the activity, the regular schedule for the activity, any possible additions to the activity and the expected cost of same (such as tournaments, competitions and tours), and any possible out of town travel associated with the activity.

A parent shall not enroll the child(ren) in any activities which are scheduled to occur during the time when the other parent is responsible for the child(ren) without the agreement of the other parent.

**CHILD CARE**

Major decisions regarding child care required during one or both parents regular work schedule shall be made: (check one of the following options)

- jointly by agreement of both parents.
- by the parent who is responsible for the child(ren) at the time when such care is needed.

**GUIDELINES, EXPECTATIONS and DISCIPLINE**

Major decisions regarding guidelines and/or expectations for the child(ren) and consequences and/or discipline for major infractions shall be made: (check one of the following options)

- jointly by agreement of both parents.
- by the parent who is responsible for the child(ren) at the time when such care is needed.

Decisions which are not included above shall be made by either parent.

**DECISION-MAKING**

**Day-to-Day Decisions.**



Each parent will make day-to-day decisions regarding the care and control of our child[ren] during the time they are caring for our child[ren]. This includes any emergency decisions affecting the health or safety of our child[ren].

**Major Decisions.**

Major decisions include, but are not limited to, decisions about our child[ren]'s education, non-emergency healthcare and religious training. (*Choose one*):

Both parents will share in the responsibility for making major decisions about our child[ren]. This arrangement is known by the courts as **Joint Legal Custody**.

**OR**

(Mother/Father) shall have sole decision- making authority on major decisions about our child[ren]. This arrangement is known by the courts as **Sole Legal Custody**,

**OR**

Other — Describe how major decisions will be handled:

**DISPUTE RESOLUTION**

*Choose one:*

Parents will first attempt to cooperatively resolve any disputes that may arise over the terms of this Parenting Plan. If that attempt fails, parents will try:

mediation, or

other dispute resolution method (ex. *Co-parenting therapy, following doctor/educator recommendation*):





**INFORMATIONSHARING**

**Unless there is a court order stating otherwise:**

Both parents are entitled to important information regarding our child[ren], including but not limited to, our child[ren]’s current address and telephone number, education, medical, governmental agency, psychological and law enforcement records.

Information about our child[ren]’s progress in school and any school activity is equally available to both parents. Both parents are encouraged to consult with school staff concerning our child[ren]’s welfare and education.

Both parents will immediately notify each other regarding any emergency circumstances or substantial changes in the health of our child[ren].

Both parents will provide each other with contact numbers and addresses and will notify each other of any change in that information within 72 hours of such a change. If either parent takes our child[ren] from their usual place of residence, they will provide the other parent with an emergency contact phone number.

**RELOCATION OF A PARENT**

Neither parent shall move his or her residence or the residence of the child(ren) without giving 60 days written notice by certified mail, return receipt requested, to any party with custody or visitation rights. (Section 452.377 RSMo)

**EXCHANGE OF OUR CHILD[REN]**

State who will be responsible for transporting all child(ren) between the parents and how any extraordinary transportation costs will be covered.

*Example: Mother will be responsible for transportation of the children on the weekends, and Father will be responsible for transportation during the week and for all holiday and vacation times. Each parent will be responsible for his or her transportation costs.*

Transportation arrangements for all child(ren) for all scheduled parenting times, including weekdays, weekends, holidays, and vacation times, shall be as follows:

Mother shall be responsible for all transportation of the child[ren], including cost.

Father shall be responsible for all transportation of the child[ren], including cost.

Mother and Father shall share responsibility for transportation of the child[ren], including cost, as follows:

Mother/Father (circle one) shall pick up/drop off (circle one) the child at the beginning of the visitation.

Mother/Father (circle one) shall pick up/drop off (circle one) the child at the end of the visitation.

Alternative: The parties shall meet at \_\_\_\_\_ to transport the child[ren] (i.e.: Mother and Father shall meet at the Independence Police Station to drop off the child)



**SAMPLE PARENTING TIME WORKSHEETS:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MOM DROP OFF AT SCHOOL OR 9 AM  DAD PICK UP FROM SCHOOL OR 4 PM	OVERNIGHT WITH DAD	DAD DROP OFF AT SCHOOL OR 9 AM  MOM PICK UP FROM SCHOOL OR 4 PM	OVERNIGHT WITH MOM	MOM DROP OFF AT SCHOOL OR 9 AM  DAD PICK UP FROM SCHOOL OR 4 PM	OVERNIGHT WITH DAD	OVERNIGHT WITH DAD
OVERNIGHT WITH DAD	OVERNIGHT WITH DAD	DAD DROP OFF AT SCHOOL OR 9 AM  MOM PICK UP FROM SCHOOL OR 4 PM	OVERNIGHT WITH MOM	OVERNIGHT WITH MOM	OVERNIGHT WITH MOM	OVERNIGHT WITH MOM
MOM DROP OFF AT SCHOOL OR 9 AM  DAD PICK UP FROM SCHOOL OR 4 PM	OVERNIGHT WITH DAD	DAD DROP OFF AT SCHOOL OR 9 AM  MOM PICK UP FROM SCHOOL OR 4 PM	OVERNIGHT WITH MOM	MOM DROP OFF AT SCHOOL OR 9 AM  DAD PICK UP FROM SCHOOL OR 4 PM	OVERNIGHT WITH DAD	OVERNIGHT WITH DAD
OVERNIGHT WITH DAD	OVERNIGHT WITH DAD	DAD DROP OFF AT SCHOOL OR 9 AM  MOM PICK UP FROM SCHOOL OR 4 PM	OVERNIGHT WITH MOM	OVERNIGHT WITH MOM	OVERNIGHT WITH MOM	OVERNIGHT WITH MOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OVERNIGHT WITH MOM	OVERNIGHT WITH MOM	MOM DROP OFF AT SCHOOL OR 9 AM  DAD PICK UP FROM SCHOOL OR 4 PM	DAD DROP OFF AT SCHOOL OR 9 AM  MOM PICK UP FROM SCHOOL OR 4 PM	MOM DROP OFF AT SCHOOL OR 9 AM  DAD PICK UP FROM SCHOOL OR 4 PM	OVERNIGHT WITH DAD	OVERNIGHT WITH DAD
DAD DROP OFF AT SCHOOL OR 9 AM  MOM PICK UP FROM SCHOOL OR 4 PM	OVERNIGHT WITH MOM	MOM DROP OFF AT SCHOOL OR 9 AM  DAD PICK UP FROM SCHOOL OR 4 PM	DAD DROP OFF AT SCHOOL OR 9 AM  MOM PICK UP FROM SCHOOL OR 4 PM	MOM DROP OFF AT SCHOOL OR 9 AM	OVERNIGHT WITH MOM	OVERNIGHT WITH MOM
OVERNIGHT WITH MOM	OVERNIGHT WITH MOM	MOM DROP OFF AT SCHOOL OR 9 AM  DAD PICK UP FROM SCHOOL OR 4 PM	DAD DROP OFF AT SCHOOL OR 9 AM  MOM PICK UP FROM SCHOOL OR 4 PM	MOM DROP OFF AT SCHOOL OR 9 AM  DAD PICK UP FROM SCHOOL OR 4 PM	OVERNIGHT WITH DAD	OVERNIGHT WITH DAD
DAD DROP OFF AT SCHOOL OR 9 AM  MOM PICK UP FROM SCHOOL OR 4 PM	OVERNIGHT WITH MOM	MOM DROP OFF AT SCHOOL OR 9 AM  DAD PICK UP FROM SCHOOL OR 4 PM	DAD DROP OFF AT SCHOOL OR 9 AM  MOM PICK UP FROM SCHOOL OR 4 PM	MOM DROP OFF AT SCHOOL OR 9 AM	OVERNIGHT WITH MOM	OVERNIGHT WITH MOM



**ADDITIONAL BLANK PARENTING TIME  
WORKSHEETS:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY