
PARENTING PLAN FOR:

PARENT A AND PARENT B

**THIS DOCUMENT IS PROVIDED ON AN OPEN BASIS TO
RECORD THE PARENTING PLAN AND DISCUSSIONS BETWEEN
PARENT B AND PARENT A**

DOCUMENT PREPARED BY: [A MEDIATOR] ON [DATE]



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Parenting Plan

PLEASE NOTE THAT THIS IS A SPECIMEN OF A PARENTING PLAN TO GIVE AN IDEA AS TO WHAT MAY BE AGREED WITHIN MEDIATION.

A SPECIFIC PARENTING PLAN TO INCORPORATE SOME/ALL OF THE AREAS WILL BE AUTHORED SPECIFICALLY FOR YOUR FAMILY AND WITH THE AGREEMENT OF YOU BOTH, AS A RESULT OF DISCUSSIONS WITHIN THE MEDIATION AREA.

Parent A and Parent B

This Parenting Plan has been prepared following the recent separation of Parent A and Parent B. The Parenting Plan is intended to regulate the position in relation to their children, namely; Son C and Daughter D.

Parent A and Parent B do not intend that the arrangements forwarded in this Parenting Plan are to be fully comprehensive and binding, such that there cannot be any alterations.

However, they have both expressed a very clear desire to have a framework in place, which they believe will reduce the potential for animosity between them and more importantly provide stability and security for the children.

In proposing the arrangements both Parent A and Parent B have ensured that the welfare of the children has been their paramount concern.

Although the children will be living with Parent A as the primary carer/ as the children will be living equally with you both, it is accepted by both Parents that they will both be fully involved with the children's lives and will be equally involved in any decisions relating to the children. Furthermore, both Parents have expressed their clear intention to ensure the children are encouraged to have quality time with members of their respective extended family, when the children are in their care.

The mediation was carried out in accordance with the professional requirements and the Code of Practice of ADRG and the College of Mediators.

There have been ### joint mediation sessions including the individual intake (MIAMS). The first session took place on the ##### and the last session on the #####, which is when this Parenting Plan was signed by the Parents.

Example

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Section 1: Introductory Statements

1. We are both responsible for and will contribute to the care and upbringing of our children.
2. We agree that we will make decisions that are in the best interests of our children, and will put their interests ahead of our own.
3. We will find an appropriate way to include our childrens' views in our discussions.
4. We will make it clear to our children that although we are asking for their input, they are not responsible for the decisions that we make. We are responsible for making these decisions. We agree that we will communicate in a civil manner with each other and we will not argue in front of the children or involve them in any conflict between us.
5. We will both promote our childrens' relationship with the other parent.
6. We will not speak negatively about the other parent and we will encourage our children to spend time with the other parent and their extended family.
7. We will exchange information about the children.
8. We recognise the importance of exchanging contact information (parents' address, telephone numbers, e-mail address), so we can share information about the children.

9. We recognise that as our children grow up and as our lives change, there may be a need to review this Parenting Plan and adjust it from time to time.

Section 2: Making Decisions about the Children

10. Parent A and Parent B propose that any material decisions shall be made by them jointly, in line with the broad concept of co-parenting.

11. We will make major decisions together about the childrens' education, health care, and religion.

12. Parent A and Parent B propose that if there are any decisions which they believe they may not agree on, they shall discuss this between themselves and not in front of the children, nor will they discuss any differences with the children. If they cannot come to an agreement about a major decision, they will use the dispute resolution process set out in paragraph XX. [See Section 9 of this document for some options].

13. **OR** Parent A will make major decisions about the children's education, health care, and religion, after consulting with Parent B.

14. **OR** Parent A will make major decisions about the children's education, health care, and religion.

15. **OR** Parent A will make major decisions about the children's education after consulting with Parent B. Parent B will make major decisions about the children's health care and religion, after consulting with Parent A.

16. Day-to-day decisions - During the period when the children are living, or staying with a Parent, that Parent shall make day-to-day decisions about the children, such as homework, bedtime and chores.
17. **Education**, Parent A and Parent B both propose that the children remain in their current school as they propose that each of them will live in the local area. Both children are at [X School] and it is anticipated that they will remain there until they are [X]. Thereafter, it is proposed that they will both go to [Y Secondary School] until they are [Y].
18. Parent B has Parental Responsibility for the children and has good relations with the school. The school have been informed about the parents' separation and are sending out school reports, photos and other relevant information to both Parent A and Parent B. It is the intention of both of them that this shall continue.
19. Should either parent consider that it is in the best interests of either or both children to change schools for any reason, it is proposed that this shall be fully discussed before there is any change of school, which should be done only if there is joint agreement. Should Parent A and Parent B not be able to agree, they will seek to resolve this issue as per Section Six of this Parenting Plan.
20. **Emergency decisions**, in a health emergency, the parent with whom the children are living at the time can make the decision.
21. If a parent makes an emergency health decision, the parent who has made the decision must immediately contact the other parent.

Section 3: Childrens' time with each Parent & Others

1. **Regular Schedule – *FOR EXAMPLE PURPOSES ONLY EITHER:*** The children will live alternating weeks with Parent A and Parent B. If the children are living with Parent A in a given week, Parent A will pick the children up on Monday after school, and drop them off at school the following Monday morning. Parent B will do the same.
2. This schedule is a rotation, based on two consecutive days with each parent and then five consecutive days with each parent. The children will live with Parent A from Monday after school until Wednesday morning before school and with Parent B from Wednesday after school until Friday before school and with Parent A from Friday after school until the following Wednesday morning before school and with Parent B from Wednesday after school until the following Monday morning before school.
3. When a parent's time with the children begins after school, they are responsible for picking the children up at school. When the parent's time ends on a school morning, they are responsible for dropping the children off at school.
4. **OR** This schedule is a rotation over a two-week period. In each week, the schedule is based on two consecutive days with one parent, then two consecutive days with the other parent and then three consecutive days with the first parent. The children will live with Parent A from 6:00 p.m. on Sunday until Tuesday before school and with Parent B from Tuesday after school until Thursday before school and with Parent A from Thursday after school until 6:00 p.m. on the Sunday beginning week 2 and with Parent B from 6:00 p.m. on the Sunday beginning week 2 until Tuesday before school and with Parent A from Tuesday of week 2 after school until Thursday before school and with Parent B from Thursday of week 2 after school until 6:00 p.m. on the following Sunday.

5. When a parent's time with the children begins after school, they are responsible for picking the children up at school. When the parent's time end on a school morning, they are responsible for dropping the children off at school.
6. **OR**, The children will live primarily with Parent A. The children will live with Parent B from after school on Tuesday until 8:00 p.m. and after school on Thursday until 8:00 p.m. The children will also live with Parent B alternate weekends from after school on Friday until Monday morning. Parent B will be responsible for picking the children up from school on Tuesdays and Thursdays, and on those days Parent A will pick up the children from Parent B's home at 8:00 p.m. On the weekends when the children live with Parent B, Parent B will pick the children up at school on Friday and drop them off at school on Monday.
7. **OR**, The children will live primarily with Parent A. The children will live with Parent B from after school on Wednesday until 7:00 p.m., and every second weekend from afterschool on Friday until Monday morning. Parent B will pick the children up from school on Wednesday and drop them off at Parent A's residence at 7:00 p.m. On the weekends when the children live with Parent B, Parent B will pick the children up from school on Friday and drop them off at school on Monday morning.
8. **OR**, Parent B will have time with the children from 2:00 p.m. to 4:00 p.m. every second Saturday, supervised by X. The children will live with Parent A at all other times.
9. **Persons authorised to collect the children**, If it is not possible for Parent A or Parent B to pick-up or drop-off the children as provided for in the parenting schedule, the parent who is responsible for the pick-up or drop-off may authorize another person, whom the children know, to pick up or drop off the children.

10. **OR** If it is not possible for Parent A or Parent B to pick-up or drop-off the children as provided for in the parenting schedule, the following people may pick-up or drop-off the children [insert names of all individuals who may do this].

Section 4: Holidays & Special Occasions

11. **Children's Birthdays** - The children will spend their birthday with whichever Parent they are living with according to the regular parenting schedule.

12. **OR**, On even years, the children will spend their birthday with Parent A. On odd years, the children will spend their birthday with Parent B. This birthday time will begin after school on school days and continue until 7:00 p.m. Where the birthday falls on a weekend or holiday, the birthday time will begin at 12:00 p.m. and end at 7:00 p.m.

13. **Parent's Birthdays, Mother's Day & Father's Day**, the children will spend Parent A's Birthday and Parent B's Birthday with the respective Parent. This birthday time will begin after school on school days and continue until 7:00 p.m. Where the birthday falls on a weekend or holiday, the birthday time will begin at 12:00 p.m. and end at 7:00 p.m. The children will spend Mother's Day and Father's Day, with the respective parent from 9:00 a.m. on the Sunday until drop-off at school on Monday morning.

14. **OR** A parent's birthday, Mother's Day or Father's Day will not change the regular schedule.

15. **Half-terms**, on even years, the children will spend their winter break with Parent A, their Spring Break with Parent B and their Autumn break with Parent A. In odd years, the children will spend their winter break with Parent B, their Spring Break with Parent A and their Autumn break with Parent B. These arrangements will start with

the end of the last school day before spring break and continue until the morning school restarts.

16. **OR** The children will spend one-half of the spring break with Parent A, and one-half with Parent B, with handover to take place on a Wednesday at 14:00.
17. **Christmas**, it is proposed that contact will alternate between the Parents. The proposal is that the children will spend Christmas Eve and Christmas Day morning and lunch with Parent A for this year [insert year]. They will then be collected by Parent B at 15:00, to spend the rest of Christmas Day and Boxing Day with them, until 19:00. This pattern will alternate year by year thereafter.
18. Regarding the rest of the Christmas holidays and indeed New Year, the Parents wish to leave this flexible and anticipate they will be able to reach agreement about a month or so in advance of the holidays.
19. **Easter**, **IF** neither Parents is religious and states that the Easter weekend does not hold any special importance for them, they have decided that Parent A will collect the children from school on the last day of term before the Easter Holidays and they shall spend the first full week with them (regardless of when Easter Sunday falls) and the children will then be with Parent B for the remainder of the holiday.
20. Other religious holidays (eg Eid/ Hannukah) to be considered.
21. **Summer holidays**, the children will spend two weeks of the summer holidays with Parent A, and all other weeks with Parent B. Parent A will advise Parent B by March 15th, which weeks of holiday they will have with the children.

22. **OR** the children will spend at least three weeks of the summer holidays with Parent A, to a maximum of one-half the summer holidays. Parent A will tell Parent B by March 15th how many weeks of holiday they propose to take. In even-numbered-years Parent A will have first choice of which weeks. In odd-numbered years, Parent B will have first choice of which weeks.

23. **OR** week on /off

24. **OR** other

25. **Bank holidays**, it is proposed that should any bank holidays fall on a weekend when Parent A is having contact, save for Christmas and Easter that his contact shall simply be extended until 18:00 on the Monday.

26. **Scheduling extra-curricular activities**, neither of us will schedule extra-curricular activities during the time the children are to be living with the other parent, **unless the other parent agrees**. The other parent will not unreasonably withhold their agreement.

27. Telephone and other contact, during the regular parenting schedule, the children may contact each parent whenever they wish.

28. **OR**, During the regular parenting schedule, Parent A may call the children between [insert time] and [insert time] when they are with Parent B and Parent B may call the children between [insert time] and [insert time] when they are with Parent A.

29. **Time with other people**

30. The children will spend from 2:00 p.m. to 4:00 p.m. the last Sunday of every month with [insert name of individual]. [insert name of individual] will be responsible for picking up the children from Parent [insert Parent A or B depending on the schedule] and dropping off the children to Parent [insert Parent A or B depending on the schedule].

Section 5: Sharing information and Communication

31. We agree to share information with each other on a regular basis about our childrens' welfare, including their education and school work, health and dental care, counselling, and other important issues.

32. We agree that we may both ask for and be given information directly from the childrens' teachers, other school officials, health care providers (including both doctors and dentists), and any other person or institution involved with the children.

33. Attendance at child-related events, we agree that we may both attend all school events, parent-teacher meetings and extracurricular activities.

34. OR 2. We agree that Parent A will attend all parent-teacher meetings and will advise Parent B of the children's progress.

35. We agree that both parents may attend school events and extra-curricular activities.

36. We agree that we will speak [indicate when or how often] by phone to discuss any issue related to the parenting of our children. In addition, we will communicate with each other by e-mail as needed.

37. OR, We will communicate with each other by e-mail as needed to discuss any issue about parenting of our children.

38. We each agree that we will provide to the other parent our telephone number(s), e-mail address, and mailing address [include each that are applicable]. We also agree that if this contact information changes, will provide the new contact information to the other parent immediately.

Section 6: Appointments and Other Practicalities

39. Medical, Parent A will be responsible for taking the children to all medical appointments (for example, doctor, physiotherapist, counsellor).

40. OR Parent A will be responsible for taking the children to all doctor's appointments and Parent B will be responsible for taking the children to all other medical appointments (for example, counselling, physiotherapy).

41. Dentist's appointments, Parent B will be responsible for taking the children to all dental appointments.

42. Children's personal items, the children may take personal items (for example, clothing), toys, sports equipment and gifts (including from either parent), between the homes of Parent A and Parent B.

43. We will not restrict the children's ability to take these items between our homes.

Section 7: Travel

1. **Passports**, Parent A OR Parent B will keep the children's passports OR passports will be handed to a Parent upon booking a holiday and retained by that Parent until a subsequent booking is made by the other Parent
2. Any bookings made for travel outside of the country will be notified as soon as possible and if travel impedes the regular Contact for the other Parent, permission granted for this change will be sought PRIOR to making the booking.
3. If travel from home region falls within that Parent's time, and travel is within the UK, no permission need be sought.

Section 8: Moving Home

4. Local Moves, if either parent proposes to change his or her residence within the City of X, at least 28 days before the move, they will provide the other parent with the new address, telephone number and the date of the move.
5. OR, If either parent proposes to change his or her residence within the City of X, at least 28 days before the move, they will provide the other parent and the children's grandparents with the new address, telephone number and the date of the move.
6. Long distance moves, if either Parent proposes to change their residence such that they will be moving away from the locality, they must provide the other Parent with 42 days notice of the proposed move. The notice must include a) the address of the proposed new place of residence b) the date of the proposed move c) proposed amendments to this Parenting Plan.

7. If Parent A and B cannot agree on revised Parenting Plan, they agree to use the dispute resolution method set out at Section 9 to resolve all issues with respect to the proposed move.

Section 9: Dispute Resolution

8. Parent A and Parent B will endeavour to discuss any differences between them and seek to achieve a constructive resolution.
9. They will not let the children know there is a dispute and will specifically not discuss any dispute in front of, or with the children.
10. Should it not appear that they can reach an agreement by themselves, they propose that they will (in a non-emergency situation), seek to further utilise the services of Mediation prior to litigation and Court action.
11. Should they still not be able to reach a satisfactory resolution, they are both aware of their legal rights to see a lawyer, though hoping this will not be necessary.

Section 10: Reviewing, Monitoring and Changing the Parenting Plan

12. **First Parenting Plan Review** this Parenting Plan shall be reviewed on the [insert date]. At this time, Parent A and Parent B will discuss the Parenting Plan and discuss any changes that they agree are appropriate.
13. **Parent A and Parent B agree that they will meet annually**, before the end of [insert a month], to discuss this Parenting Plan. Prior to the annual meeting, each Parent will review the Parenting Plan and bring a written list of issues for discussion to the

meeting. If Parent A and B are unable to agree to changes to the Parenting Plan, they will use the dispute resolution method set out in this Parenting Plan.

14. **Unanticipated changes**, if the circumstances of the children change, including the ability of Parent A or Parent B to meet the children's needs, they agree to the following process to amend the Parenting Plan, a) the Parent who proposes a change to the Parenting Plan will advise the other Parent in writing of the proposed change; b) they will discuss the proposed change and attempt to come to an agreement to resolve the issue; c) if it is not possible to come to an agreement, they will use the dispute resolution method set out in this Parenting Plan.

15. **New Partners**, should either Parent A or Parent B form a new relationship, it is proposed that the children are introduced to any new partner sensitively and in an appropriate way and that this will not take place for at least [insert time] after any relationship commencing and the other Parent will be given 14 days notice, in case they wish to discuss the matter or seek further guidance.

Mediator's Concluding Comments

16. It is to be noted that Parent A and Parent B entered into the Mediation process voluntarily, enthusiastically and willingly and have reached a plan they believe is workable and will allow them both to move on with their own lives and secure appropriate accommodation for them to live in and the children be able to stay.

17. It was clear throughout the process that they are both very caring and loving parents and have sought to keep focused upon the issues of importance, in particular the children and indeed each other's needs.

Parents' Signatures

Signed Parent A:

Dated

Signed Parent B:

Dated

Example