

# Parenting Plans ...the essentials

## what is it?

- A parenting plan is a written agreement between parents that sets out how their children will be co-parented and raised after they have divorced / separated.

## before you start:

- Every family is different - include what's important to your family;
- Remember you both want the best for your child;
- Balance detail with the flexibility to accommodate day-to-day life;

## what to include:

- **General Principles** - how both parents will conduct themselves with each other and their child; consider statements on new partners, decision-making, your parenting style i.e. discipline, social media, restrictions on drug use etc
- **Living Arrangements** - will custody be sole or shared? outline your parenting schedule i.e. days / weekends / school holidays / birthdays / special occasions; details about pick up / drop off; communicating virtually on your 'off' day;
- **Time With Other Adults** - you may wish to include a clause which covers contact with other family members such as grandparents, siblings, aunts etc;
- **Healthcare** - medical appointments especially if your child has medical needs;
- **Religion** - particularly important if parents have different faiths or views;
- **Travel or Relocation:** what notice is required - are there any restrictions?

## general guide:

- Our guide is designed to help you think about some of the issues which can cause difficulty. It is not intended to act as a final list.
- If you are unable to agree on a plan with your co-parent, you may wish to contact a legal professional or mediator.
- You may want to include a date for a "first review." This would set a time for you to meet to discuss the parenting plan and how it's working.

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