

## PART VI

### PARENTING PLAN WORKSHEETS

*Parents can use these worksheets as a tool for making parenting plans. Times and parents' names can be entered into the spaces to specify custodial periods for each parent. A traditional monthly calendar and a weekly worksheet are provided for planning the usual weekly schedule. In the vacation and school break planning portion, spaces are provided to accommodate children in both traditional and year-round schools, and vacation spaces to accommodate vacations for both parents are included. Various frequently celebrated holidays are included as a reminder to parents. Space is provided for parents to add other family holidays and special days.*

Usual Weekly Schedule							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							

Usual Weekly Schedule						
	Time (from when to when)	Every Week	Alternate Weeks	First and Third Weeks	Second and Fourth Weeks	Fifth Week
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

## Vacation and School Break Schedule

	Time (from when to when)	Every Year	Even Years	Odd Years
Winter Break First Half				
Winter Break Second Half				
Spring Break First Half				
Spring Break Second Half				
Summer Break First Half				
Summer Break Second Half				
Off-Track Break (First)				
Off-Track Break (Second)				
Vacation _____				
Vacation _____				

## Holiday Schedule

	Time (from when to when)	Every Year	Even Years	Odd Years
New Year's Eve/Day				
Martin Luther King's Birthday*				
Lincoln's Birthday*				
Presidents' Day*				
Easter				
Mother's Day				
Memorial Day*				
Father's Day				
July 4 <sup>th</sup>				
Labor Day*				
Columbus Day*				
Halloween				
Veteran's Day*				
Thanksgiving Day				
Thanksgiving Weekend				
Christmas Eve/Day				

*\*Parents may specify that the parent having the weekend adds that day, or parents may choose to assign each day to one parent or the other.*

**Holiday Schedule, continued**

<b>Child's Birthday</b>				
<b>Other :</b>				
<b>Other :</b>				
<b>Other :</b>				
<b>Other :</b>				
<b>Other :</b>				

## PART VII

### **SPECIAL CIRCUMSTANCES AFFECTING PARENTAL CONTACT**

The aforementioned parenting plans do not apply to all family situations or all children. They may not be appropriate if there are significant issues of:

- Child Abuse or Neglect
- Serious Mental or Emotional Disorders
- ~~Drug/Alcohol Abuse or Criminal Activity~~
- Domestic Violence
- Continuous Levels of Very Intense Parental Conflict

When a child's physical or emotional safety is at risk, it is necessary to protect the child. Parents who have concerns about these issues should seek help from an attorney, mental health professional, court services, domestic abuse agency, or local social service agency.

When choosing a parenting plan, parents should consider the child's relationship with each parent. If a parent has never been a part of a child's life or has not had contact with the child for an extended period, access should start slowly and gradually increase as the child adjusts and feels comfortable.