

Parenting plan for

We are the parents of:

Name of child	DOB
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We respect each other as parents and our significance in the lives of our children.

We have drawn up this Parenting Plan to assist us in providing a loving, stable, caring and safe environment for our children, in line with their age and needs.

We recognise our children's rights to:

- emotional and physical safety, stability and security;
- feel loved by both of us and significant family members;
- know and be cared for by both of us and significant family members; and
- develop independent and meaningful relationships with each of us.

As parents we accept responsibility for:

- our children's physical care, health and safety;
- our children's emotional stability;
- our children's changing needs as they grow and mature;
- protecting our children so they are not exposed to harmful parental conflict that is prolonged or aggressive;
- co-operating with each other to make decisions in our children's best interests; and
- respecting our children's relationship with each of us.

We will review this Plan on [insert date] (optional, see page 14).

Safety

We have considered our safety and welfare and that of our daughter and agree that we can safely work together.

Signature	date
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Signature	date
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Questions to ask...

about communication

- What parenting decisions do we need to consult each other on?
- What parenting decisions don't we need to consult each other about?
- How are we going to behave towards each other in front of the children? We want them to know we are getting along and have them in mind.
- How are we going to share important information with each other, (for example, school reports, health issues)?
- Do we need regular meetings to discuss parenting issues?
- How do we find out what the children want to happen, and make sure that they have a say in what we decide?
- At what times is it OK to call the other parent and when isn't it OK?
- How will we settle disputes?
- Should we discuss how we talk to the children about the other parent?
- How will we talk to the children about the arrangements we have made?
- What do we do about emergencies, (for example, medical, dental, or accidents)?
- How will we make sure our children stay in contact with supportive friends or relatives from the other side of the family?
- How will we introduce new partners to our children's lives?
- Are there any important rules that we consider essential for the children, (for example, bedtimes, when homework is done, staying out late)? Do we agree that these rules are followed?
- How do we work together to make the big decisions, (for example, school, course selection and careers advice)?

Questions to ask...

about living and childcare arrangements

- Will there be a main place where the children will live and if so, where will it be?
- If neither of us can look after the children, who will be the alternative carers?
What about school holidays?
- Are there times when it is not convenient to ring our children?
- What sort of communication will we have with the children – phone, text, email – and about how often and when can they expect it?
- How much time can each child spend with each parent?
- What days can they be with each of us?
- How do we make sure that the children can share special days – birthdays and religious festivals – with both of us?
- What different ideas are there for maintaining close and meaningful contact, even when children and parents are separated for long periods of time?
- How will we manage the arrangement when one parent works long hours?
- What clothes and other belongings will be taken and returned at changeover?
- How will we arrange pick-up and drop-offs?
- Who will take them to regular sporting engagements on weekends? After school?
- When and how are we making sure the children are seeing their grandparents?
- Will anyone else look after the children (for example, childminders, babysitters, relatives, new partners, friends and neighbours)? If so, when?
- What are the arrangements for the children during the school holidays? (Consider bank holidays and teacher training days as well as school holidays).
- How do we make sure that we both have holidays with the children, and plan for taking the children abroad if we agree?

Questions to ask...

about other issues

- Who organises routine health issues?
- Are there long term health issues that we need to consider?
- What do we agree about religious practice and upbringing?
- Are there any other cultural issues that we need to make sure are respected?
- Are there any sporting or artistic commitments that we need to account for?
- Are there arrangements needed for the family pets?

Our decisions...

about other issues
