

Sample Parenting Plan
(for 50/50 timesharing)

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SECTION I: PARENTS

Mother (name, residential address, phone number, email address):

Father (name, residential address, phone number, email address):

Each parent has an ongoing obligation to keep the other parent informed of any changes to the above information.

SECTION II: CHILDREN

This Parenting Plan is for the following child(ren) born to or adopted by the parties. Each child is subject to this Parenting Plan until his or her 18th birthday.

Child's initials	Child's date of birth	Child's gender

SECTION III: PARENTAL RESPONSIBILITY AND DECISION-MAKING

a). Shared Parental Responsibility

It is in the best interest of the child(ren) that the parents confer and jointly make all major decisions affecting the welfare of the child(ren). Major decisions include, but are not limited to, decisions about the child(ren)'s education, healthcare, and other responsibilities unique to this family.

b). Day-to-Day Decisions

Unless otherwise specified in this plan, each parent shall make decisions regarding day-to-day care and control of the child(ren) while the child(ren) are with that parent. Regardless of the allocation of decision-making in the Parenting Plan, either

parent may make emergency decisions affecting the health or safety of the child(ren) when the child(ren) are residing with that parent. A parent who makes an emergency decision shall share the decision with the other parent as soon as reasonably possible. Either parent may independently consent to mental health or medical treatment for the child(ren), with both parents having the right to access records and consult with professionals. Each parent will sign any necessary authorizations to allow for professional consultation and information sharing by both parents.

For any decision involving a new activity/service/school, or any other change for the child that involves both parents' consent, in the case of a dispute between the parents the status quo will prevail and no change will be made.

c). Written communication definition

For the purposes of this Parenting Plan, "written" will refer to any documented correspondence, including signed letter, text, or email. See Section VI(b) for additional guidance on acceptable communication methods.

SECTION IV: TIME-SHARING

a). Academic break definition

When defining academic break periods, the period shall begin at the end of the last scheduled day of classes before the holiday or break and shall end at the beginning of the first day of regularly scheduled classes after the holiday or break.

b). Weekend definition

When defining weekend periods, the period shall begin at the time daycare/school/summer camp is (or typically would be) released for the weekend, and shall end at the time daycare/school/summer camp resumes (or typically would resume) after the weekend.

c). Scheduling

The child(ren) shall spend time with the mother on the following days: Monday and Tuesday overnights, and every other weekend.

The child(ren) shall spend time with the father on the following days: Wednesday and Thursday overnights, and every other weekend.

Parents will agree on a timesharing calendar on or before October 1 for the upcoming calendar year, based on the Xxx County School schedule and the Parenting Plan.

Each parent will be assigned 182 or 183 overnights as follows:

- Odd Years:
 Mother: 183 overnights
 Father: 182 overnights
- Even Years:
 Mother: 182 overnights
 Father: 183 overnights
- Leap year: Equal overnights

Neither parent will pick up the child(ren) from school, afterschool care, or other activity during the other parent's timesharing without the written consent of the timesharing parent.

Neither parent will schedule activities for the child(ren) during the other parent's timesharing without receiving advance written agreement from the timesharing parent.

d). Schedule adjustments

When schedule adjustments need to be made -- such as when holiday timesharing is factored in; when parents choose their summer vacation dates for the calendar year; and when the school posts the dates for winter, spring and summer academic breaks -- the parents will cooperate in adjusting the timesharing calendar as necessary to ensure that the child(ren) may enjoy their assigned number of overnights with each parent during the calendar year.

Whenever possible, parents will cooperate during the year to trade timesharing dates to allow the minor child(ren) to attend special events with each parent's family.

e). Transitions

Transitions will happen at daycare/school/afterschool care/camp, or otherwise as agreed by the parents.

On transition days, timesharing of the receiving parent starts upon dismissal from school, camp or other activity. On non-school/camp days and school holidays, timesharing of the receiving parent starts at the time the child(ren) would normally be dismissed from daycare/school/afterschool care/camp.

f). Transportation

The parent beginning his/her timesharing shall provide transportation for the child(ren).

g). Child care

The timesharing parent may choose appropriate child care providers and/or caregivers during his/her timesharing. This includes authorization for a non-parent to conduct pickups/dropoffs of the child(ren).

h). Travel Notification

During his/her timesharing, each parent may travel domestically or internationally with the child(ren). Parents will cooperate in providing any necessary permissions, including but not limited to passport authorization.

The timesharing parent will provide the other parent with a written travel itinerary (including location destination, flight information, and contact information) at least seven days prior to departure if the child(ren) will be traveling out of state for one or more overnights.

SECTION V: HOLIDAYS

The holiday timesharing will be according to the following schedule, and will take priority over the regular weekday, weekend, and summer vacation schedules.

Unless otherwise noted, the child(ren) will be with the timesharing parent for the academic break that corresponds with the holiday.

If a holiday is not specified as even, odd, or every year with one parent, then the child(ren) will remain with the parent in accordance with the regular schedule.

	Even years	Odd years	Every year	Notes
MLK Jr Weekend	M	F		
President’s Day Weekend	F	M		
Spring Break	F	M		
Easter Weekend	F	M		
Mother’s Day Weekend			M	
Memorial Day Weekend	F	M		
Father’s Day Weekend			F	Beginning Friday at 5 pm until the following Monday at 5 pm
Independence Day*	M	F		
Labor Day Weekend	M	F		
Columbus Day Weekend	F	M		
Halloween	M	F		
Veteran’s Day	F	M		
Thanksgiving Weekend	M	F		
Children’s birthdays*	F	M		
Parent’s birthdays*			M/F	

***Independence Day**

The child(ren) will be with the timesharing parent from 5:00 p.m. the day before the holiday is nationally observed until 5:00 p.m. the day after the holiday is observed.

If Independence Day falls on a weekend (Friday-Monday), the child(ren) will spend the entire holiday weekend (including the day the holiday is observed) with the timesharing parent.

***Children's/Parent's Birthdays**

The child(ren) will be with the timesharing parent from the time school/afterschool care/camp is/would be released for the day before the birthday until the time school is/would be released the day following the birthday. If the birthday falls on a weekend (Friday-Sunday), the child will spend the entire weekend with the timesharing parent.

Winter break/Christmas

The parents will divide the winter/Christmas academic break evenly. The child(ren) will spend time with the father the first half in even years, and with the mother for the first half in odd years.

Summer break

Each parent will be entitled to two 10-overnight periods of uninterrupted timesharing during the summer academic break. In the case of a conflict: The parents will alternate choosing their 10-overnight timesharing periods as follows: In even years, the mother will choose her first 10-overnight period, and then the father will choose his first 10-day period. The mother will then choose her second 10-overnight period, and then the father will choose his second 10-overnight period. This process will alternate in Odd years, with the Father having the first choice.

Nonspecified school holidays

Unless otherwise specified in this document, if a school holiday falls on a Friday, the child(ren)'s time with that weekend's timesharing parent will begin on Thursday when school/afterschool care is/would be released. If a school holiday falls on a Monday, the child(ren)'s time with the weekend parent will end when school/afterschool care resumes/would resume on Tuesday.

SECTION VI: COMMUNICATION

a). Contact between Parents and Child

The child(ren) will be allowed to request and/or initiate contact with the non-timesharing parent by telephone, e-mail, video chat or text at any reasonable time. Neither parent will enact "consequences" to prevent this contact. Contact between the child(ren) and the non-timesharing parent will be private and unmonitored.

b). Interaction between the parents

Each parent will recognize that parenting style differences exist between the parties, and that it is the child(ren)'s right to be spared from experiencing or witnessing any animosity or ill feeling (if any should occur) between the parents. Each parent will therefore avoid any action that may reasonably be expected to create a loyalty conflict in the child(ren), including but not limited to: a). Engaging in "gatekeeper" behaviors, including but not limited to communicating to the minor child(ren) that they are required to follow specific rules/customs/behaviors during the other parent's timesharing; b). Parental interference behaviors, including but not limited to dictating what happens during the other parent's timesharing; c). Assigning punishments to be carried out during the other parent's timesharing without first consulting with/obtaining written agreement from the other parent; d). Alienating behaviors, including but not limited to quizzing the child(ren) about their time with the other parent, or about the other parent's private life; e). Asking the child(ren) to keep secrets from the other parent.

The parents will not ask the child(ren) where they want to live or encourage the child(ren) in any way to choose between their parents; instead, parents will encourage the child(ren) to enjoy their two homes and membership in each parent's family.

The parents will not, nor will they allow others to, disparage the other household members in the presence or hearing range of the child(ren).

The parents will use child-friendly vocabulary (such as "timesharing" or "when you are in your other home" or "mother/father") with the child(ren) and in the child(ren)'s presence, rather than words such as "custody," "visitation," or "my ex."

The parents will not, nor will they allow others to, probe the child(ren) about their time at the other home, about their other household members, or about any coparenting matter.

Information about the child(ren) that is readily available is the responsibility of that parent to gather. Information that either parent receives that is not readily available to the other parent will be provided to that other parent in a timely manner (such as hard copies of documentation sent from school).

All communications between the parents shall be courteous and businesslike, without any implied or open criticism of the other parent/their partner. Most communication between the parties shall be via email. Each email shall discuss one child-related issue only; separate issues require separate emails. Use of text messages will be limited to 1). sharing photos, and 2). communicating time-sensitive information that would impact the expectations of scheduled events, or that otherwise requires an immediate response. If there is a bona fide emergency (e.g., injury, hospitalization, illness, inability to pick up the child(ren) as scheduled), then a telephone call is permitted, with a follow-up email to memorialize the information provided. Any in-person communication will be memorialized via email.

SECTION VII: PROFESSIONAL AND EDUCATIONAL SERVICES

a). Authorization for services

Each parent may authorize the child(ren) to receive medical, mental health, or educational services or to participate in any extracurricular activity during his/her timesharing. Any substantive information regarding the child(ren) communicated to one parent by a medical, mental health, educational, activity or other professional will be shared with the other parent as soon as practicable, or no more than 12 hours later.

b). Cost sharing

The parents will pay any agreed-on out-of-pocket medical or extracurricular activity expenses according to a pro rata share of each parent's income. Each parent retains the authority to enroll the child(ren) in any activity at that parent's sole expense.

Neither parent may financially obligate the other on any joint decision issues without the other parent's written consent. If a parent incurs a cost which requires joint agreement without first receiving written acknowledgement of that agreement, the parent incurring the cost shall be solely responsible for the costs incurred.

c). Information sharing

Each parent will notify the other parent within 24 hours of the time they schedule, or are notified of, any medical, mental health, scholastic, or extracurricular appointments for the child(ren) (or immediately if 24-hour notice is not available). Each parent will also promptly notify the other parent of any appointment or extracurricular activity changes or cancellations.

Each parent will "cc" the other parent on e-mails to professionals about the child(ren).

Each parent will promptly send an email to the other parent summarizing any child(ren)-related conversations engaged in with any professional.

d). Religious observation

Each parent reserves the right to have the child(ren) join in attending religious services and instruction, at the timesharing parent’s discretion.

The parents agree to allow the child(ren) to attend religious services with the other parent, regardless of whose parenting time it is and as schedules permit, if the child(ren) wish to attend.

SECTION VIII: CONFLICT RESOLUTION

The parents are free to collaborate and agree on minor and/or temporary deviations from this Parenting Plan without necessitating a court filing. The Parenting Plan will act as the default in any circumstance when changes cannot be agreed upon. In case of disagreement, the parents will abide by the Parenting Plan.

In case of conflict, the parents will make a good-faith effort to use alternative conflict resolution strategies, including but not limited to negotiation, mediation, or coparenting coaching, prior to initiating court involvement.

SECTION IX: MISCELLANEOUS

a). Smartphones

The parents will not, nor will they allow others to, purchase a smartphone for the child(ren) until such time as both parents mutually agree on the child(ren)’s phone possession and guidelines for phone usage, and provide written acknowledgement of such agreement. Each parent will retain the right to determine rules for the child(ren)’s smartphone use during their respective timesharing. Neither parent will enact password protection or use other means to keep the other parent from monitoring the child(ren)’s smartphone use.

b). Changes to physical appearance

Prior to implementing any significant changes in the child(ren)’s physical appearance (including but not limited to: haircuts of more than 5 inches; hair coloring; tattoos; artificial nails; piercings), both parents must mutually agree and share written acknowledgement.

c). First Right to Care

If either parent will be unavailable to care for the child(ren) for 10 or more consecutive hours during his/her timesharing, the other parent will be offered the right to care for the minor child(ren) over any non-family caregiver. This agreement

does not apply: 1). When the minor child(ren) are spending time with relatives, and/or is attending family functions; 2). When the minor child(ren) are engaged in activities with peers at the child(ren)'s request, such as a peer sleepover or extracurricular activity.

The parent offering the first right to care will specify via written communication the hours of care needed. The parent accepting the extra timesharing will be responsible for picking up and returning the minor child(ren) at the hours designated by the offering parent. The parents will not ask each other why they are being offered the extra timesharing, but instead will simply accept or deny the opportunity.

d). Introduction of significant others

The parents must actively date a significant other no less than 6 months prior to introducing the child(ren).

