

CHILDREN BIRTH TO 36 MONTHS

Their age	Their “jobs”	Their needs	Signs of distress: (especially if it goes on for a long time)
Birth – 12 months	<ul style="list-style-type: none"> To develop trust To attach to one or more healthy adult (parent, extended family, caregiver) 	<ul style="list-style-type: none"> Predictability, consistency, and routine Stable and secure relationships A healthy attachment to at least one adult 	<ul style="list-style-type: none"> Excessive crying Feeding or sleeping problems Withdrawal Irritable and depressed
1 – 3 years	<ul style="list-style-type: none"> To explore the world To develop language To develop control (this is when they say a lot of no’s) 	<ul style="list-style-type: none"> Understanding that they can’t remember people who they don’t see very often To know a loving adult is always available Predictability, routine, and structure Security, love, and flexibility 	<ul style="list-style-type: none"> Withdrawal Crying, clinging that lasts more than twenty minutes after a separation Changes in eating and toileting Delay in development

SAMPLE PARENTING SCHEDULES

The information and graphs below are samples of parenting time schedules based on children’s ages and different parenting styles. They are provided as a tool to give you ideas in order to help you create your own personalized schedule. Parenting time should be scheduled based on the needs of each individual family. You may fill out your own parenting schedule using the blank calendar in the Guide.

Plan A Samples: These plans are best suited where one parent has not been the child’s primary caregiver and/or wants regular contact but is not able to provide extensive care-giving due to an inflexible work schedule or other circumstance.

Plan B Samples: These are best suited for parents who have been involved in the day-to-day care of the child and who want greater contact than is afforded in Level A plans.

Plan C Samples: These are best suited for parents who have been involved to a significant extent in the day-to-day care of the child and desire maximum contact.

BIRTH TO 12 MONTHS

Plan A (1st Option): Three periods of 3 to 6 hours spaced throughout each week. Frequent contact helps the child bond. (Below is one example of how this can be arranged and written onto your form)

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children's care:

At all times not specified below.

B. Parent B shall be responsible for the children's care on the following days and times:

OTHER: (specify) every Tuesday and Thursday from 4:00p.m. to 7:00 p.m. and every Saturday from 10:00 a.m. to 2:00 p.m.

Plan A (2nd Option): Two 6-hour periods spaced throughout each week. Use when schedules or conflict makes more frequent exchanges difficult. Bonding may be slowed. (Below is one example of how this can be arranged and written onto your form)

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children's care:

At all times not specified below.

B. Parent B shall be responsible for the children's care on the following days and times:

OTHER: (specify) every Sunday from 10:00 a.m. to 4:00 p.m. and Thursday from 12:00p.m. to 6:00 p.m.

Plan B: Two periods of three to four hours and one 8-hour period spaced throughout each week. (Below is one example of how this can be arranged and written onto your form)

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children's care:

At all times not specified below.

B. Parent B shall be responsible for the children's care on the following days and times:

OTHER: (specify) every Monday and Wednesday from 3:00 p.m. to 6:00 p.m. and every Saturday from 12:00p.m. to 6:00 p.m.

Plan C: Two periods of 3 to 6 hours and one overnight each week. (Below is one example of how this can be arranged and written onto your form)

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children's care:

[X] At all times not specified below.

B. Parent B shall be responsible for the children's care on the following days and times:

OTHER: (specify) every Monday and Wednesday from 4:00 p.m. to 7:00 p.m. and every Friday overnight from 4:00 p.m. to 9:00 a.m. on Saturday.

12 TO 24 MONTHS

Plan A (1st Option): See BIRTH TO 12 MONTHS, above.

Plan A (2nd Option): See BIRTH TO 12 MONTHS, above.

Plan B: See BIRTH TO 12 MONTHS, above.

Plan C: One daytime period of 3 to 6 hours and two non-consecutive overnights each week. (Below is one example of how this can be arranged and written onto your form)

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children's care:

[X] At all times not specified below.

B. Parent B shall be responsible for the children's care on the following days and times:

OTHER: (specify) every Monday overnight from 4:00 p.m. to 9:00 a.m. on Tuesday, every Wednesday from 4:00 p.m. to 7:00 p.m. and every Friday overnight from 4:00 p.m. to 9:00 a.m. on Saturday.

24 TO 36 MONTHS

Plan A (1st Option): See Plan B of BIRTH TO 12 MONTHS, above.

Plan A (2nd Option): See Plan C of BIRTH TO 12 MONTHS, above.

Plan B: See Plan C of 12 TO 24 MONTHS, above. Ideally, child should not be separated from either parent for more than 4 days.

Plan C: One daytime period of 3 to 6 hours and two non-consecutive overnights each week. Ideally, child should not be separated from either parent for more than 4 days. (Below is one example of how this can be arranged and written onto your form)

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children's care:

[X] At all times not specified below.

B. Parent B shall be responsible for the children's care on the following days and times:

OTHER: (specify) every Tuesday from 4:00 p.m. to 7:00 p.m., every Thursday from 4:00 p.m. to Friday at 9:00 a.m. and every Saturday from 9:00 a.m. to Sunday at 9:00 a.m.

CHILDREN THREE TO FIVE YEARS OLD

Their “jobs”	Their needs	Signs of distress: (especially if it goes on for a long time)
<ul style="list-style-type: none"> To engage with outside world To develop relationships with other children To be able to better understand limits set by their parents or caregivers 	<ul style="list-style-type: none"> Increased ability to “hold” another person in their memory Continued predictability routine, and structure Consistent discipline between parents when possible Freedom from direct conflict May benefit from blocks of time with each parent 	<ul style="list-style-type: none"> Regression in toileting, sleeping, and eating Irritability, clinging Anger and behavior problems

SAMPLE PARENTING SCHEDULES

The information and graphs below are samples of parenting time schedules based on children’s ages and different parenting styles. They are provided as a tool to give you ideas in order to help you create your own personalized schedule. Parenting time should be scheduled based on the needs of each individual family. You may fill out your own parenting schedule using the blank calendar in the Guide.

Plan A Samples: These plans are best suited where one parent has not been the child’s primary caregiver and/or wants regular contact but is not able to provide extensive caregiving due to an inflexible work schedule or other circumstance.

Plan B Samples: These are best suited for parents who have been involved in the day-to-day care of the child and who want greater contact than is afforded in Level A plans.

Plan C Samples: These are best suited for parents who have been involved to a significant extent in the day-to-day care of the child and desire maximum contact.

Plan A: A one or two-night weekend on alternate weeks, plus one evening every week. Can also omit the evening or make it an overnight. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	A	A	B	B
			B		B		A
			A				
#2	A	A	A	A	A	A	A
			B				
			A				

2.2 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

[X] At all times not specified below.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: [] every [X] every other [] other (specify) _____
 from Friday at 5:00 p.m. to Sunday at 6:00 p.m.

WEEKDAYS: Specify days every Wednesday overnight
 from 5:00 p.m. to 8:00 p.m.

Plan B: A three-night weekend on alternate weeks, plus one overnight on the other week. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	A	B	B	B
				B			A
#2	A	A	A	B	A	A	A
			B	A			

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

[X] At all times not specified below.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: [] every [X] every other [] other (specify) _____
 from Thursday at 5:00 p.m. to Sunday at 6:00 p.m.

WEEKDAYS: Specify days every other Wednesday overnight
 from 5:00 p.m. to Thursday at 8:00 a.m.

Plan C (1st Option): Parents split each week and the weekend. Provides a consistent routine and accommodates child’s ability to be apart from either parent for only three days. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	B	B	B	A
			B				
#2	A	A	A	B	B	B	A
			B				

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

- At all times not specified below.
- On the following days and times:

WEEKENDS: every every other other (specify) _____

WEEKDAYS: Specify days _____

OTHER: (specify) every week, from Sunday at 8:00 a.m. to Wednesday at 12:00 p.m.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: every every other other (specify) _____

WEEKDAYS: Specify days _____

OTHER: (specify) every week, from Wednesday at 12:00 p.m. to Sunday at 8:00 a.m.

Plan C (2nd Option): Parents have the same two consecutive weekdays every week. Alternate weekends. Provides each parent with whole weekends with and without the child. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	B	B	B	B	B
#2	A	A	B	B	A	A	A

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children's care:

At all times not specified below.

On the following days and times:

WEEKENDS: every every other other (specify) _____
from Friday at 3:00 p.m. to Monday at 8:00 a.m.

WEEKDAYS: Specify days every week, from Monday at 8:00 a.m. to
Wednesday 8:00 a.m.

B. Parent B shall be responsible for the children's care on the following days and times:

WEEKENDS: every every other other (specify) _____
from Friday at 3:00 p.m. to Monday at 8:00 a.m.

WEEKDAYS: Specify days every week, from Wednesday at 8:00 a.m. to
Friday at 3:00 p.m.

CHILDREN AGE SIX TO TWELVE YEARS OLD

Their age	Their “jobs”	Their needs	Signs of distress: (especially if it goes on for a long time)
6-8 years	<ul style="list-style-type: none"> • To increase understanding of the difference between fantasy and reality • To deepen attachments with other people (parents, teachers, etc.) • To notice gender differences • To believe in fairness 	<ul style="list-style-type: none"> • To be reminded that the divorce-separation is not their fault • Structured and consistent time with each parent if appropriate • Parental support at school and sport activities • Support for exploring and expanding interests and relationships 	<ul style="list-style-type: none"> • Physical complaints (e.g., stomach aches, headaches, etc.) • Sleep problems • Expression of anger and behavior problems with parent most connected to • Bed wetting, baby talk
9-12 years	<ul style="list-style-type: none"> • To feel good about relationships and their physical development • To develop and test values and beliefs • To be connected to their school and community 	<ul style="list-style-type: none"> • Consistency and predictability in schedules and routines • Parent support in school and sports activities • Encouragement and permission to love both parents • Reminders that the divorce-separation is not their fault • More open communication with their parents 	<ul style="list-style-type: none"> • Loss of interest in friends and other relationships • Isolate themselves • Become “too good” • Depression and extreme rebellion

SAMPLE PARENTING SCHEDULES

The information and graphs below are samples of parenting time schedules based on children’s ages and different parenting styles. They are provided as a tool to give you ideas in order to help you create your own personalized schedule. Parenting time should be scheduled based on the needs of each individual family. You may fill out your own parenting schedule using the blank calendar below.

Plan A Samples: These plans are best suited where one parent has not been the child’s primary caregiver and/or wants regular contact but is not able to provide extensive care-giving due to an inflexible work schedule or other circumstance.

Plan B Samples: These are best suited for parents who have been involved in the day-to-day care of the child and who want greater contact than is afforded in Level A plans.

Plan C Samples: These are best suited for parents who have been involved to a significant extent in the day-to-day care of the child and desire maximum contact.

Plan A: A one or two-night weekend on alternate weeks, plus one evening every week. Can also omit the evening or make it an overnight. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	A	A	B	B
			B		B		A
			A				
#2	A	A	A	A	A	A	A
			B				
			A				

2.3 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

[X] At all times not specified below.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: [] every [X] every other [] other (specify) _____
 from Friday at 5:00 p.m. to Sunday at 6:00 p.m.

WEEKDAYS: Specify days every Wednesday evening
 from 5:00 p.m. to 8:00 p.m.

Plan B: Four overnights in a row in week #1 and one overnight in week #2.
 For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	B	B	B	B
			B				A
#2	A	A	A	A	A	A	A
			B				

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

At all times not specified below.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: every every other other (specify) _____
 from Wednesday at 5:00 p.m. to Sunday at 8:00 a.m.

WEEKDAYS: Specify days every other Wednesday overnight
 from 5:00 p.m. to Thursday at 8:00 a.m.

Plan C (1st Option): Parents split each week and the weekend. Allows each parent to be involved in child’s school. Provides a consistent routine. Child is apart from each parent only three days. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	B	B	B	A
			B				
#2	A	A	A	B	B	B	A
			B				

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

At all times not specified below.

On the following days and times:

WEEKENDS: every every other other (specify) _____

WEEKDAYS: Specify days _____

OTHER: (specify) every week, from Sunday at 8:00 a.m. to Wednesday at 3:00 p.m.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: every every other other (specify) _____

WEEKDAYS: Specify days _____

OTHER: (specify) every week, from Wednesday at 3:00 p.m. to Sunday at 8:00 a.m.

Plan C (2nd Option): Parents have the same two consecutive weekdays every week. Alternate weekends. Provides each parent with whole weekends with and without the child. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	B	B	B	B	B
#2	A	A	B	B	A	A	A

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

- At all times not specified below.
- On the following days and times:

WEEKENDS: every every other other (specify) _____
 from Friday at 3:00 p.m. to Monday at 8:00 a.m.

WEEKDAYS: Specify days every week, from Monday at 8:00 a.m. to Wednesday 8:00 a.m.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: every every other other (specify) _____
 from Friday at 3:00 p.m. to Monday at 8:00 a.m.

WEEKDAYS: Specify days every week, from Wednesday at 8:00 a.m. to Friday at 3:00 p.m.

OTHER: (specify)

Plan C (3rd Option): Parents alternate seven-day periods. Requires good communication between parents and a great deal of cooperation about the child’s activities. The seven-day period can start on any day. Mid-week evening or overnight with the other parent can be added. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	A	B	B	B
#2	B	B	B	B	A	A	A

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children's care:

At all times not specified below.

On the following days and times:

WEEKENDS: every every other other (specify)_____

WEEKDAYS: Specify days _____

OTHER: (specify) alternating weeks, from Friday at 3:00 p.m. to the following Friday at 3:00 p.m.

B. Parent B shall be responsible for the children's care on the following days and times:

WEEKENDS: every every other other (specify)_____

WEEKDAYS: Specify days _____

OTHER: (specify) alternating weeks, from Friday at 3:00 p.m. to the following Friday at 3:00 p.m.

CHILDREN AGE THIRTEEN TO EIGHTEEN

Their “jobs”	Their needs	Signs of distress: (especially if it goes on for a long time)
<ul style="list-style-type: none"> • To develop greater independence and separation from family • To develop a sense of moral values (these may change) • To express resistance and rebelliousness while forming their identity (much like two years old) • To be naturally self-centered 	<ul style="list-style-type: none"> • Flexibility and understanding from parents regarding their time with friends and activities • Reminders that the divorce-separation is not their fault • Many teens want a say in the parenting plan • Positive role models • Reasonable, firm, and fair guidance 	<ul style="list-style-type: none"> • Excessive anger and negativity • Excessive isolation, depression • Trying to be “too good” • Difficulty with school or peers • Alcohol and drug use, sexual promiscuity

SAMPLE PARENTING SCHEDULES

The information and graphs below are samples of parenting time schedules based on children’s ages and different parenting styles. They are provided as a tool to give you ideas in order to help you create your own personalized schedule. Parenting time should be scheduled based on the needs of each individual family. You may fill out your own parenting schedule using the blank calendar below.

Plan A Samples: These plans are best suited where one parent has not been the child’s primary caregiver and/or wants regular contact but is not able to provide extensive care-giving due to an inflexible work schedule or other circumstance.

Plan B Samples: These are best suited for parents who have been involved in the day-to-day care of the child and who want greater contact than is afforded in Level A plans.

Plan C Samples: These are best suited for parents who have been involved to a significant extent in the day-to-day care of the child and desire maximum contact.

Plan A: A one or two-night weekend on alternate weeks, plus one evening every week. Can also omit the evening or make it an overnight. One home is “home base” for the child. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	A	A	B	B
			B		B		A
			A				A
#2	A	A	A	A	A	A	A
			B				
			A				

2.4 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

[X] At all times not specified below.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: [] every [X] every other [] other (specify) _____
 from Friday at 5:00 p.m. to Sunday at 6:00 p.m.

WEEKDAYS: Specify days every Wednesday evening
 from 5:00 p.m. to 8:00 p.m.

Plan B: Parents alternate seven-day periods. Requires good communication between parents and a great deal of cooperation about the child’s activities. The seven-day period can start on any day. Mid-week evening or overnight with the other parent can be added. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	A	B	B	B
#2	B	B	B	B	A	A	A

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

[] At all times not specified below.

[X] On the following days and times:

WEEKENDS: [] every [] every other [] other (specify) _____

WEEKDAYS: Specify days _____

OTHER: (specify) alternating weeks, from Friday at 3:00 p.m. to the following Friday at 3:00 p.m.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: every every other other (specify)_____

WEEKDAYS: Specify days _____

OTHER: (specify) alternating weeks, from Friday at 3:00 p.m. to the following Friday at 3:00 p.m.

Plan C: Each parent has three overnights one week, four overnights the next week. Each has some weekend time with child. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	B	B	B	A
			B			A	
#2	A	A	B	B	B	B	A
		B				A	

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

At all times not specified below.
 On the following days and times:

WEEKENDS: every every other other (specify)_____

WEEKDAYS: Specify days _____

OTHER: (specify) In week #1, from Saturday at 12:00 p.m. to Wednesday at 3:00 p.m. In week #2, from Saturday at 12:00 p.m. to Tuesday at 3:00 p.m.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: every every other other (specify)_____

WEEKDAYS: Specify days _____

OTHER: (specify) In week #1, from Wednesday at 3:00 p.m. to Saturday at 12:00 p.m. In week #2, from Tuesday at 3:00 p.m. to Saturday at 12:00 p.m.

