

PARENTING PLAN

Dated _____

Completed by:

Premise and Purpose of Parenting Plan.

The following parenting plan was jointly created by _____ and _____ for the benefit of their child:

Premise of Parenting Plan. This parenting plan is based upon the parents' joint recognition that each will be parenting the above children for the rest of his or her life and that it is in the best interests of the child's psychological, emotional and physical well-being that both parents continue to share parenting responsibilities and privileges.

Purpose of Parenting Plan. The purpose of this parenting plan is to provide a framework for both _____ and _____ to raise _____ to the best of our ability. This document is intended to be flexible, in the same manner that both parents understand they will need to be in order to assure that all parenting decisions are in the best interests of the child.

Decision Making and Exchange of Information.

The following language from Appendix A (attached to Divorce Decree), shall be incorporated into this parenting plan:

A. Each party has the right of access to, and to receive copies of, school, medical, dental, religious training, and other important records and information about the minor child. Each party has the right of access to information regarding health or dental insurance available to the minor child. Presentation of a copy of this order to the custodian of a record or other information about the minor child constitutes sufficient authorization for the release of the record or information to the requesting party.

B. Each party shall keep the other informed as to the name and address of the school of attendance of the minor child. Each party has the right to be informed by school officials about the child's welfare, educational progress and status, and to attend school and parent-teacher conferences. The school is not required to hold a separate conference for each party.

C. In case of an accident or serious illness of a minor child, each party shall notify the other party of the accident or illness, and the name of the health care provider and the place of treatment.

D. Each party has the right of reasonable access and telephone contact with the minor child.

Exchange of Information: In addition to the above provisions of Appendix A, each parent shall provide directly to the other parent, as soon as possible after receipt of same, any and all of the

following information about the child unless the parents have made arrangements for such information to be provided by a third party:

- _____ School report cards and all other written or oral evaluations of the child's school performance; and
- _____ School calendars; and
- _____ Written or oral notices of parent-teacher conferences or other meetings with school personnel; and
- _____ Written or oral notification that the child has been or is being reprimanded or disciplined by his or her school; and
- _____ Any written or oral information provided by the child's medical, dental, and psychological care providers regarding significant medical, dental or psychological concerns about a child; and
- _____ Information that the child is taking a medication and, if the child will be under the care of the other parent while taking the medication, the medication and the schedule for taking it; and
- _____ Current membership cards and plan descriptions for all medical and dental insurance coverage on the child; and
- _____ Any written or oral communications regarding the child's religious training or participation in the rites of a particular church; and
- _____ Schedules for any sports programs, music and other lessons, and other organized activities, and any written or oral evaluations of the child's performance in same; and

Decision Making: Major decisions about the child shall be made under the following principles and in the following manner:

Education: Each parent shall communicate with the child's schools to remain informed about the child's needs, progress and special events, including parent-teacher conferences. The parents shall share information about their child's school progress, behavior and events with each other. The parents agree that post high school college or technical training is important and the parents shall encourage and support their child's efforts for further education including making substantial financial investments towards her higher education.

Major decisions regarding the child's education shall be made jointly by agreement of both parents. Major decisions in this area shall be defined as follows:

- _____ Selection of school(s); and
- _____ Participation in special education programs provided by the school(s); and
- _____ Attendance at summer school.

Religion and Cultural Heritage:

Major decisions regarding the child’s religious upbringing shall be made jointly by agreement of both parents. Neither parent will indoctrinate in a religion or guide her toward religious practice with out the consent of the other parent.

Major decisions in this area shall be defined as follows:

- _____ Participation in religious education; and
- _____ Membership in a particular church or synagogue or other spiritual or cultural group; and
- _____ Participation in Baptism, Confirmation, Bar/Bat Mitzvah, or other rites of a particular religion or spiritual or cultural group; and
- _____

Medical and Dental Care: As it is important to provide the child with good health care, the parents shall cooperate in obtaining and following through on dental, physical health and psychological/counseling services for the child.

Major decisions regarding the child’s medical and dental care shall be made jointly by agreement of both parents

Major decisions in this area shall be defined as follows:

- _____ Selection of doctor, dentist, or other medical or dental care provider; and
- _____ Whether to proceed with non-emergency, elective surgery; and
- _____ Whether to proceed with other significant medical or dental care; and
- _____ Whether to obtain orthodontic services; and
- _____ Starting a child on a significant long-term medication

Medical appointments. Scheduling appointments will be coordinated between the parents with both being responsible for taking _____ in as equitable a division as possible.

Emergencies. In cases of medical emergency, the child shall be cared for as soon as possible and the other parent notified immediately. Therefore, each parent may consent to emergency medical treatment for the child as needed without waiting for the consent of the other parent.

Mental Health and Psychological Care: Major decisions regarding the child's mental health and psychological care shall be made:

- _____ jointly by agreement of both parents
- _____ by Mother
- _____ by Father

Major decisions in this area shall be defined as follows:

- _____ Whether to obtain counseling, evaluation or other mental or psychological care for the child; and
 - _____ Selection of mental or psychological care provider; and
 - _____ whether or not to medicate _____
-

Once commenced, the duration of any counseling or other mental or psychological care shall be determined:

- _____ jointly by agreement of both parents, after consideration of the recommendations of the mental or psychological care provider.
- _____ by Mother
- _____ by Father

Sports Programs, Music and Other Lessons, and other Organized Activities: Major decisions regarding the child's participation in sports programs, music and other lessons, and other organized activities outside the regular school day shall be made by the parent who will be responsible for the child when the activity is scheduled to occur. The parent selecting that activity will be responsible for paying all costs associated with that activity. For organized activities that are chosen by or occur across parenting time responsibilities, the decision whether to participate will be made by both parents and costs shared equally.

When making decisions in the above area jointly by agreement of both parents, each parent shall provide to the other parent any and all information which she/he may have about the activity under consideration. Such information shall include the cost of the activity and any equipment required for the activity, the regular schedule for the activity, any possible additions to the

activity and the expected cost of same (such as tournaments, competitions and tours), and any possible out of town travel associated with the activity.

Child Care: Major decisions regarding child care required during one or both parents regular work schedule shall be made:

- _____ jointly by agreement of both parents
- _____ by the parent who will be responsible for the child at the time when such care is needed.

Major decisions in this area shall be defined as follows:

Selection of work-related child care provider(s).

The following emergency contact information shall be given to all child care provider(s) (not just work related): The work and cell phone numbers of both parents with _____ and _____ as alternates in case neither parent can be reached. The party requiring the day care for the minor child shall be solely responsible for paying for and providing the necessary day care.

Guidelines, Expectations, Consequences and Discipline. Major decisions regarding guidelines and/or expectations for the child and consequences and/or discipline for major infractions shall be made:

- _____ jointly by agreement of both parents
- _____ by the parent who is responsible for the child at the time when such care is needed.

Major decisions in this area shall be defined as follows:

Breaking the law, cheating in school, not abiding by school rules, truancy, causing harm to others, damaging property, stealing from parents, lying to parents about significant events and any other major infractions.

The parents shall also cooperate to establish consistent expectations and routines for the child including but not limited to:

Homework:

Curfews: _____

Bed-times: _____

Phone Restrictions: _____

Chores:

Other (describe): _____

All Other Decisions. Decisions which are not included above shall be made by either parent. However, a parent shall not enroll the child in any activities which are scheduled to occur during the time when the other parent is responsible for the child without the agreement of the other parent.

Communication.

Commitment to Cooperate: Both parents recognize that in order to successfully cooperate in parenting in _____ best interests, they would benefit from improving communication skills by addressing individual issues that impede open and smooth communication. To this end each parent agrees to attend individual therapy sessions on a regular basis of not less than two weeks a month for at least 6 months.

Protection of child. Neither parent shall talk with their child about any aspect of the parents' separation and/or divorce, other than to let the child know that both parents support each other in continued parenting and desire to work out the best possible arrangement for the children. Any information will be shared at age appropriate times and in collaboration with both parents.

Regularly Scheduled Communication. In addition to the sharing of information and decision making described above, the parents shall communicate regularly about the child and such communication shall include the following:

- _____ Non-urgent changes to parenting time schedule; and
- _____ Updates on the child's activities; and
- _____ Sharing of new developments in the child's life/lives; and
- _____ Sharing of new developments in a parent's life which may affect the child; and
- _____ Discussion of any problems with the child; and
- _____ Agreement on any joint discipline.

This regular communication shall occur by means of:

If either parent will be unavailable for the scheduled meeting, she/he shall advise the other parent in advance and suggest an alternate time.

Urgent Communications. Urgent communications about the parenting time schedule, child's illness or accident or other urgent matters shall be sent by Mother to Father on both his home and cell phone. Such communications shall be sent by Father to Mother on her home, work or cell phone depending on time of day.

Guidelines for Communications. The parents desire that all communications between them be respectful and positive. To that end, in their communications:

- _____ They shall focus on the present matter at hand, or plan for the future, but shall not talk about the past, except in a positive manner or in counseling or mediation; and
- _____ They shall focus on the solutions to a particular problem, rather than the problem, and shall each suggest solutions which she/he believes are in the best interest of the child and will be acceptable to the other parent; and
- _____ They shall talk about one problem at a time and not complicate that item by adding other problems or concerns; and
- _____ Neither shall interrupt the other; and
- _____ Each shall speak respectfully to the other parent and refrain from any critical, disrespectful or hurtful words, sounds or body language; and
- _____ Each shall avoid statements which will or may "push buttons" for the other parent; and
- _____ Each shall make "I" statements rather than "you" statements (such as "I am concerned that you might be/think/feel..." rather than "You are/think/feel...") and
- _____ If a particular conversation starts to feel negative, critical or too difficult to either person, they shall immediately move to another subject which can be discussed in a positive and respectful manner, or they shall terminate the conversation, agreeing upon when it can be resumed.

Relationships and Contact with Parents' Families of Origin.

The parents shall support the child's relationship with members of the other parent's family of origin with no restrictions.

Attendance at and Participation in the Child’s Activities.

The parents shall attend, participate in and be responsible for the child’s sporting events, school open houses and performances, and other activities as follows:

_____ **Sports:** Both parents shall be entitled and encouraged to attend games and practices and/or coach for any sports in which the child participate; and

_____ **Music Lessons:** Both parents shall be entitled and encouraged to attend lessons and rehearsals and recitals for any music lessons programs in which the child participate; and

_____ **Clubs and Other Organizations:** Both parents shall be entitled and encouraged to attend events related to and to lead or be the regularly participating parent for clubs or other organizations in which the child participates.

_____ Other (describe): _____

Resolution of Any Future Disputes.

In the event of a dispute regarding any aspects of this parenting plan, the parents shall attempt to resolve the dispute on their own, considering the Guidelines for Communication set forth above. If they are unable to do so, they shall use the following process:

_____ They shall mediate the dispute with a mutually agreed upon mediator before either party schedules a motion before the Court or retains an adverse (as opposed to neutral) parenting expert; and

_____ If the parents are unable to resolve the dispute in two or more, if mutually agreed upon) sessions with the mediator, the parents shall **jointly** consult with a neutral parenting expert who shall be selected by mutual agreement of the parents. If the parents are unable to agree on the parenting expert, the mediator shall provide a list of 5 neutral parenting experts, each parent may strike 2 experts and the remaining individual shall be the neutral parenting expert to be used in this particular matter.

Residence, Parenting Time Schedule and Parenting Responsibilities.

Residence. The child will have his/her own room at both parents' home, with neither home being presented to him as his/her primary residence.

Parenting Time Schedule. The parenting time and responsibility shall be according to the following schedule. Both parents agree that it is critical to be flexible in this schedule, while still respecting the other parent's right to advance notice if any schedule changes are necessary.

Telephone and E-Mail Contact. Each parent may have telephone contact with the child when they are with the other parent at any time during the child's normal awake hours.

If the child are out of town with one parent, the other parent may telephone the child as agreed between the parents.

In addition, each parent may send e-mails to the child if the child has his/her own e-mail accounts. Any other method of communication available shall remain unrestricted as well.

Holiday Parenting Time Schedule. The holiday parenting time schedule shall be as set forth on the attached Holiday and School Vacation Days Schedule. Holidays not included on the attached list shall either be agreed upon by the parties or according to the parenting time schedule set forth above. Holidays included on the attached list shall supercede the parenting time schedule set forth above:

Parenting Time Schedule for Child's School Vacation Days: The parenting time schedule for school vacation days (other than summer) shall be as set forth on the attached Holiday and School Vacation Days Schedule. School vacation days not included on the attached list shall either be agreed upon by the parties or according to the parenting time schedule set forth above. School vacation days included on the attached list shall supercede the parenting time schedule set forth above.

Travel and Vacation Schedule:

_____ Each parent/Mother/Father shall be entitled to take the child out of town as often as desired on his or her scheduled parenting time or at other times agreed upon between the parents;

_____ Each parent/Mother/Father shall be entitled to take the child out of town for up to a total of 3 weeks per year, and this out of town time shall supercede the above parenting time schedule;

_____ The scheduling of the above travel and vacation times shall be by mutual agreement of the parents. The parent seeking travel or vacation time shall advise the other parent at least 1 month before the proposed dates so that the parents have time to agree on the actual dates. It will not be deemed unreasonable for either parent to enforce the below holiday schedule.

_____ Each parent shall be entitled to take vacation time **without** the child (out of town or at home) during his/her scheduled parenting time and the other parent shall be responsible for the child for up to 2 weeks per year which can be taken in any segment smaller than 2 weeks. Such vacation time shall be at times agreed upon between the parents with at least 1 months notice.

Neither parent shall tell the child about a proposed vacation for the child without first discussing the dates and destination with the other parent.

Temporary Changes to Parenting Time and Responsibility Schedule.

Provision of Parent(s)'s Schedule.

_____ Both parents shall provide the other parent with their work schedule(s) as soon as the schedule is available.

Responsible Parent Unable to Care for the Child. If the parent who is scheduled to be responsible for the child is not able to be with and care for the child:

_____ For less than 4 daytime hours, she/he shall be responsible for arranging alternate care for the child, with a presumption that it is in the child's best interest to have the other parent provide the care.

_____ For more than 4 daytime hours, she/he shall first ask the other parent to care for the child. If the other parent is not able to care for the child, the parent who is scheduled to be responsible for the child shall be responsible for arranging alternate care for the child, unless is with an immediate family member such as a grandparent.

Notice Requirements. If a parent cannot be with and care for the child at a time when she/he is scheduled to be responsible for the child, she/he shall notify the other parent as soon as she/he knows of this situation, but – absent emergency – no later than 2 days in advance of the scheduled time.

Occasional Changes to Parenting Time Schedule. If a parent desires to make a one-time or short-term temporary change in the above parenting time schedule, the other parent shall cooperate to the extent possible, considering the child’s needs. The parent desiring the change shall not inform the child about the change until the parents have agreed upon the change.

Permanent Modification of Schedule.

The parents shall consider permanent or long-term temporary modifications to the parenting time schedule:

- _____ When one parent or requests such consideration; and/or
- _____ Whenever begins a school year in a new school.
- _____ Other (describe): If either parent moves out of the Twin Cities metro area.

If the parents agree on a permanent or long-term temporary modification to the parenting time schedule, they shall:

- _____ Record the change in writing, signed and dated by each parent.
- _____ Execute a Stipulation for Modification to the Decree of Dissolution prepared by one of their attorneys.

If one parent desires a permanent or long-term temporary modification to the parenting time schedule and the parents cannot agree, they shall use the Dispute Resolution Process set forth above.

Moving:

Any decision to move the child’s residence and therefore modify the Parenting Time Schedule—whether made by agreement or Court Order—shall be made on the basis of the best interests of the children.

Transportation and Locations.

Responsibility for transporting the child between parents shall be the responsibility of the parent whose parenting time is coming to an end. This may be in the form of a drop off at the other parent’s home or at day care/school. If the child is at daycare or school before a change in parental responsibility, the parent to assume responsibility will pick up the child at daycare/school.

Required Designation of Legal and Physical Custody.

Solely for purposes of enforcement of the final Judgment and Decree where such designation is so required and for no other purpose or effect (**Designation of custodian pursuant to Minn.**

Stat. § 518.1705, subd. 4.) Legal custody of the child shall be designated as follows: Joint.
Physical custody shall be designated as follows: Joint.

Petitioner

Respondent

Subscribed and sworn to before me
this ____ day of _____, 2006.

Subscribed and sworn to before me
this ____ day of _____, 2006.

Notary Public

Notary Public

HOLIDAY AND SCHOOL VACATION PARENTING SCHEDULE

HOLIDAY	ODD YEARS	EVEN YEARS
New Years Eve and Day (24 hrs from 5pm Dec 31 to 5pm Jan 1)		
Martin Luther King Day		
President's Day		
Easter (Friday at 5pm to Monday at 5pm)		
Memorial Day (Friday at 5pm to Monday at 5pm)		
4 th of July		
Labor Day (Friday at 5pm to Monday at 5pm)		
Child's Birthday		
MEA (The parties will share the break equally)		
Halloween		
Thanksgiving (Wednesday 5pm to Friday 5pm)		
Christmas Eve (12 pm on 24 th until bedtime)		
Christmas Eve (Bedtime until 1:00 p.m. Christmas Day)		
Christmas Day (1pm on 25 th to 8pm on 25 th)		
Mom's Birthday		
Dad's Birthday		
Mother's Day		
Father's Day		