

Family Matters: Assisting Families through Separation and Divorce

Parenting Plan Workbook

This workbook may assist you in developing a parenting plan. You may alter the content to meet your needs. As children grow, you will want to change parts of this agreement to suit new circumstances.

This document may be used in discussion between parents or with a counselor, mediator or lawyer. To make this workbook into a document that is legally binding, consult your lawyer.

This parenting workbook was completed by:

Parent 1: _____ Parent 2: _____.

This parenting workbook applies to the following child (ren):

Name	Date of Birth	Age

Parental Time with Children

Residential Schedule/Chart:

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
Night							

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
Night							

Location of Pickups: _____

Location of Drop-offs: _____

Alternate if the above is unavailable: _____