### SAMPLE PARENTING SCHEDULES<sup>1</sup>

The information and graphs below are samples of parenting time schedules based on child[ren]'s ages and different parenting styles. They are provided as a tool to give you ideas in order to help you create <u>your own personalized schedule</u>. 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.

**Level A Plans**: These are best suited for parents with extremely busy work schedules, who have not been the child's primary caregiver, or who want regular access without extensive caregiving responsibility.

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

**Level C. Plans:** 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 access.

Note: Overnights presume the child is sufficiently attached and accustomed to being in the parent's care for long periods, and takes into account the child's breast-feeding needs. The term "periods" refers to the amount of time spent with the non-residential parent.



# MY/OUR PARENTING TIME SCHEDULE

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<sup>&</sup>lt;sup>1</sup> These graphs and information are adapted from materials contained in "Parenting Time Plans for Parent/Child Access", 2001, Administrative Office of the Courts, Arizona.



#### **BIRTH TO 12 MONTHS**

<u>Plan A (1<sup>st</sup> Option)</u>: Three periods of 3 to 6 hours spaced throughout each week. Frequent contact helps the child bond.

<u>Plan A (2<sup>nd</sup> Option)</u>: Two 6 hour periods spaced throughout each week. Use when schedules or conflict make more frequent exchanges difficult. Bonding may be slowed.

Plan B: Two 3 hour periods and one 8 hour period spaced throughout each week.

<u>Plan C</u>: Two periods of 3 to 6 hours and one overnight each week.



## **12 TO 24 MONTHS**

<u>Plan A (1<sup>st</sup> Option)</u>: Three periods of 3 to 6 hours spaced throughout each week. Frequent contact helps the child bond.

<u>Plan A (2<sup>nd</sup> Option)</u>: Two 6 hour periods spaced throughout each week. Use when schedules or conflict make more frequent exchanges difficult. Bonding may be slowed.

Plan B: Two 4 hour periods and one 8 hour period spaced throughout each week.

**Plan C:** One daytime period of 3 to 6 hours and two non-consecutive overnights each week.



### **24 TO 36 MONTHS**

<u>Plan A (1<sup>st</sup> Option)</u>: Two 3 to 4 hour periods and one 8 hour period spaced throughout each week.

Plan A (2<sup>nd</sup> Option): Two periods of 3 to 6 hours and one overnight each week.

<u>Plan B</u>: One period of 3 to 6 hours and two non-consecutive overnights each week. Ideally child should not be separated from either parent for > 4 days.

**Plan C**: One period of 3 to 6 hours and two consecutive overnights each week.



<u>Plan A1</u>: Two consecutive overnights every other week and an additional overnight or afternoon or evening period each week. Options for 24 to 36 months are also appropriate.

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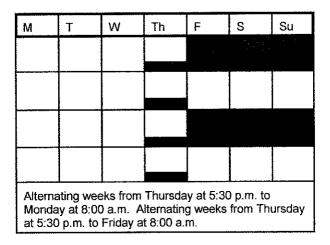
Alternating weeks from Friday at 5:00 p.m. to Sunday at 6:00 p.m. Each week on Wednesday from 5:30 p.m. to Thursday at 8:00 a.m.

<u>Plan A2</u>: Three consecutive overnights in week one. Another overnight or afternoon or evening period of 3 to 4 hours may be added in week 2.

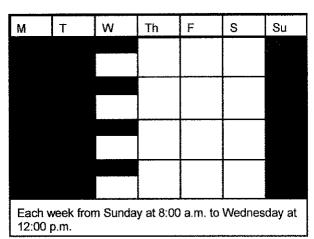
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Alternating weeks from Thursday at 5:30 p.m. to Sunday at 6:00 p.m. Alternating weeks from Wednesday at 5:30 p.m. to Thursday at 8:00 a.m.

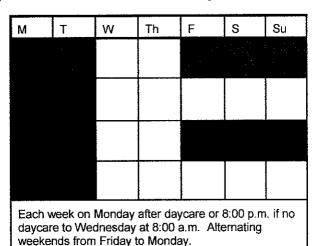
<u>Plan B</u>: Four consecutive overnights in week one. Another overnight or afternoon or evening period of 3 to 4 hours may be added in week 2.



<u>Plan C1</u>: 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. Also allows a "stay home" day with each parent each week.



<u>Plan C2</u>: Each parent has the same two consecutive mid-week overnights each week and alternates the weekends. Provides each parent with alternating full weekends with and without the child. Helpful when parents conflicts make exchanges difficult.

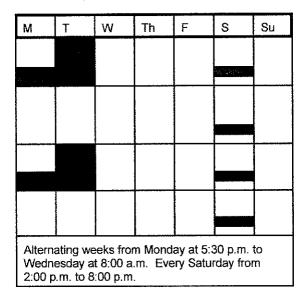




<u>Plan A1</u>: Two consecutive overnights every other week; an additional 3 to 6 hour period or overnight may be added each week. Plan is suitable for 6-13 years old children.

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<u>Plan A2</u>: Three consecutive overnights every other week and an additional 4 to 6 hour period each week. Plan is suitable for 6-13 years old children.

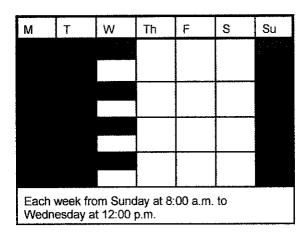


<u>Plan B</u>: Four consecutive overnights in week one with an additional overnight in week two. Plan is suitable for 6-13 years old children.

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Alternating weeks from Wednesday at 5:30 p.m. to Sunday at 8:00 a.m. Alternating weeks on Tuesday from 5:30 p.m. to Tuesday at 8:00 p.m. or Wednesday at 8:00 a.m.

<u>Plan C1</u>: Split each week and weekend. Allows each parent to participate more in child's academic life. Provides a consistent routine. Accommodates child's ability to be apart from either parent for only three days. Plan is suitable for 6-13 years old children.



<u>Plan C2</u>: Each parent has the same two consecutive mid-week overnights each week and alternates the weekends. Provides each parent with alternating full weekends with and without child. Helps when conflict makes exchanges difficult. Plan is suitable for 6-13 years old children.

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<u>Plan C3</u>: Parents share time with child during alternating seven day periods. A mid-week overnight period is optional for non-access parent. Requires effective parental communication and cooperation re: child's chosen activities or lessons. Plan is suitable for 6-13 years old children.

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Parents share time with the child on an alternating week basis. One parent drops off the child at school at 8:00 a.m. Friday, while other picks up the child after school.



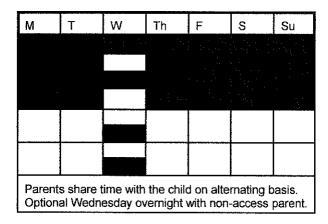
# 14 TO 18 YEARS OLD

<u>Plan A</u>: Two consecutive overnights every other week, preferably on the weekend. Optional additional afternoon or evening period each week. One "home base."

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Alternating weeks from Friday at 5:30 p.m. to Sunday at 6:00 p.m. Each Wednesday from 5:30 p.m. to 9:00 p.m.

<u>Plan B</u>: Parents share time with child during alternating 7 day periods; mid-week overnight period is optional for non-access parent; requires effective communication and cooperation re: child's chosen activities or lessons.



<u>Plan C</u>: Parents share time with the child on an alternating basis. However, both parents have access to the child on both weekends and weekdays each week.

