



MEDIATION CENTER

of Eastern Connecticut LLC

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Creating a Parenting Plan

What is a parenting plan?

A parenting plan consists of the agreements that parents have reached concerning their children. It can be simple or very detailed

What does a parenting plan include?

Each parenting plan is tailored to meet the needs of the individual family. It may include some or all of the following features.

Living arrangements for the children

- Which parent the children will live with
- When the children will visit with the parent they do not live with
- Which parent the children will stay with during holidays, school vacations, and summer vacation
- How far apart from one another the parents will live

School or daycare arrangements

- Where the children will go to school or daycare
- Who will communicate with the school or daycare, and how that communication will be shared with the other parent
- Who will attend meetings and conferences at school or daycare, and how the information will be shared with the other parent
- Attendance at meetings and conferences at school or daycare

Health issues

- Who will provide medical and dental insurance coverage for the children
- Who will communicate with doctors and dentists, and how that communication will be shared with the other parent

Other issues

- How the parents will discipline the children
- How the parents will coordinate travel with the children
- How the parents will decide on the children's activities (such as sports, clubs, music lessons, and so on)