

# Parenting Plan

A model parenting plan generated by the Compass Plan Builder. Real plans are tailored to your state, your court order, and the specifics of your situation. This sample shows the structure, language, and level of detail courts find credible.

DOCUMENT TYPE

**Parenting plan**

FORMAT

**Court-ready**

STATUS

**Sample**

**SAMPLE**

SECTION 1

# Parties and children

PARENT A	Jordan M. Sample, residing at 1200 Example Avenue, Anytown, ST 00000
PARENT B	Casey L. Sample, residing at 845 Sample Street, Anytown, ST 00000
CHILD 1	A.M.S., born March 14, 2018
CHILD 2	E.J.S., born September 2, 2020
COURT	Sample County Family Court · Case No. 2024-FA-0000
EFFECTIVE	Upon entry of order

Children are referenced by initials in the body of this document, consistent with privacy practice in family-court filings. Full names appear only in the parties block.

SECTION 2

## Legal custody and decision-making

The parents shall share joint legal custody of the children. Major decisions affecting the children shall be made jointly, in writing, after good-faith discussion. Major decisions are limited to: choice of school, non-emergency medical and mental-health treatment, religious upbringing, and out-of-state travel exceeding seven consecutive days.

Day-to-day decisions are made by the parent who has the children at the time. These include routine meals, clothing, homework supervision, bedtime, and ordinary social activities. Neither parent shall second-guess the other on day-to-day decisions in front of the children.

WHY THIS LANGUAGE

Courts respond to specificity. Naming the four categories that require joint decisions, and explicitly carving out day-to-day calls, prevents the most common post-decision fight: one parent treating every choice as a "major decision" and creating perpetual conflict.

SECTION 3

## Regular parenting schedule

The children shall reside with the parents on a 2-2-3 schedule, alternating weekly:

- Week A — Parent B: Monday and Tuesday. Parent A: Wednesday and Thursday. Parent B: Friday through Sunday.
- Week B — Parent A: Monday and Tuesday. Parent B: Wednesday and Thursday. Parent A: Friday through Sunday.
- Exchanges occur at 6:00 PM at the receiving parent's residence unless the parents agree in writing to a different location.

different time or location for that exchange.

- School-day exchanges, where applicable, occur at school drop-off or pickup. The receiving parent picks up.

A parent who will be more than 15 minutes late to an exchange shall send a single message through the court-approved communication app, with the actual or revised arrival time. Repeated lateness without notice will be treated as a violation under Section 11.

SECTION 4

### Holiday and school-break schedule

Holidays override the regular schedule. In odd-numbered years, Parent A has the holidays in the left column; in even-numbered years, the right column.

THANKSGIVING	Wed 6 PM – Sun 6 PM (alternating)
WINTER BREAK, FIRST HALF	Last day of school – Dec 26 at 12 PM (alternating)
WINTER BREAK, SECOND HALF	Dec 26 at 12 PM – evening before school resumes (alternating)
SPRING BREAK	Friday before – Sunday after (alternating)
JULY 4TH	Jul 3 6 PM – Jul 5 9 AM (alternating)
MOTHER'S DAY	Annually with Parent B, 9 AM – 7 PM
FATHER'S DAY	Annually with Parent A, 9 AM – 7 PM
CHILDREN'S BIRTHDAYS	Three-hour visit with the non-residential parent, 5–8 PM, location TBD

SECTION 5

### Communication between the parents

1. All non-emergency communication regarding the children shall occur exclusively through the court-approved app (OurFamilyWizard, TalkingParents, or AppClose). Text messaging and email regarding the children are reserved for genuine emergencies only.
2. Each parent shall respond to non-urgent app messages within 48 hours. Failure to respond within 48 hours is not consent.
3. Communication shall be confined to the children. Topics relating to the prior relationship, finances unrelated to the children, or new partners are out of scope.
4. The parents shall use the BIFF format — brief, informative, friendly, firm — for all communications. Insults, sarcasm, profanity, and threats are violations of this plan.
5. Each parent has standing access to the app's shared calendar and shall update it promptly with school events, medical appointments, and activities.

WHY A COURT-MONITORED APP

A judge can read a year of OurFamilyWizard messages in fifteen minutes and see the entire pattern. This is the single highest-leverage clause in any modern parenting plan.

SECTION 6

## Communication between parent and child

When the children are with one parent, the other parent may have one phone or video call per day, of reasonable length, between 6:30 PM and 8:00 PM, initiated by the children or with their willing participation. Calls shall not be monitored, recorded, or interrupted by the residential parent.

SECTION 7

## Education

- The children shall remain enrolled at Sample Elementary School and Sample Middle School, or such other school as the parents agree to in writing.
- Each parent shall be listed as an emergency contact and shall have full access to school records, parent portals, conferences, and school events.
- The parents shall both attend parent-teacher conferences when feasible. If joint attendance is not feasible, separate conferences shall be requested.
- Major academic decisions — including IEP, 504, retention, advancement, and tutoring beyond eight weeks — require joint written agreement.

SECTION 8

## Healthcare

- The children shall remain insured through Parent A's employer plan. Out-of-pocket medical, dental, vision, and mental-health expenses shall be split 50/50 after insurance.
- The parent who incurs an out-of-pocket expense shall provide an itemized receipt within 30 days; reimbursement is due within 30 days of receipt.
- Either parent may make decisions for emergency medical care while the children are in their physical care; the other parent shall be notified within 4 hours.
- Non-emergency mental-health treatment requires joint written agreement on provider and treatment plan. Once agreed, either parent may transport the children to scheduled sessions.

SECTION 9

## Travel

1. In-state travel during one's own parenting time requires no notice unless overnight, in which case 24-hour notice through the app is required.

2. Out-of-state travel requires 14 days' written notice through the app, including dates, destination, lodging, and a phone number where the children can be reached.
3. International travel requires 60 days' written notice and the other parent's written consent. Each parent shall hold the children's passports during their parenting time when international travel has been agreed.

SECTION 10

### **New partners and introductions**

Neither parent shall introduce the children to a romantic partner before that relationship has been ongoing for six months. No romantic partner shall reside overnight in either parent's residence during their parenting time within the first twelve months of the relationship. This provision exists to protect the children from instability, and is binding on both parents equally.

SECTION 11

### **Modifications and dispute resolution**

1. Minor schedule swaps may be agreed in writing through the app. Either parent may decline a swap; declines are not violations.
2. Material modifications to this plan require either (a) written agreement of both parents and a stipulated order, or (b) a motion before the court.
3. Before filing any motion to modify, the parents shall attend at least one mediation session with a neutral mediator, unless the matter is an emergency or involves protective-order issues.
4. A pattern of three or more documented violations within twelve months may serve as a basis for review.

SECTION 12

### **Signatures**

The parties acknowledge they have read, understood and agree to be bound by this Parenting Plan. The plan is intended to be incorporated into the court order.

\_\_\_\_\_  
PARENT A

\_\_\_\_\_  
PARENT B

\_\_\_\_\_  
DATE

\_\_\_\_\_  
DATE

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