

Parallel Parenting Plan

PARENT INFORMATION

Parent 1 (Mother)

Full name: _____ Address: _____

Phone number: _____ Email address: _____

Occupation and workplace: _____

Parent 2 (Father)

Full name: _____ Address: _____

Phone number: _____ Email address: _____

Occupation and workplace: _____

CHILDREN'S INFORMATION

Child 1

Child's full name: _____ Date of birth: _____ dd / mm / yyyy

Current school/daycare: _____

Health conditions or special needs:

Child 2

Child's full name: _____ Date of birth: _____ dd / mm / yyyy

Current school/daycare: _____

Health conditions or special needs:

Child 3

Child's full name: _____ Date of birth: _____ dd / mm / yyyy

Current school/daycare: _____

Health conditions or special needs:

Child 4

Child's full name: _____ Date of birth: _____ dd / mm / yyyy

Current school/daycare: _____

Health conditions or special needs:

EMERGENCY CONTACTS

1. Name: _____	Relationship to the child/children: _____
Phone number: _____	2. Name: _____
Relationship to the child/children: _____	Phone number: _____
3. Name: _____	Relationship to the child/children: _____
Phone number: _____	

I. PARENTING SCHEDULE AND EXCHANGES

Weekday schedule:

Weekend schedule:

Holiday schedule:

Vacation time:

Exchange locations:

Missed exchanges and contingencies:

II. COMMUNICATION GUIDELINES

Primary method:

Response expectations:

Emergency communication:

Boundaries and behavior:

III. DECISION-MAKING RESPONSIBILITIES

Daily routine:

School and education:

Medical treatments:

IV. CHILD-RELATED EXPENSES AND BELONGINGS

Basic needs:

Extracurricular activities:

Medical expenses:

Personal belongings management

Essential items:

Duplicate items:

V. HEALTH, EDUCATION, AND SCHOOL INVOLVEMENT

Access to records:

School involvement:

VI. CONFLICT RESOLUTION AND MODIFICATIONS

Dispute resolution:

Plan modifications:

VII. SUPPORT SYSTEMS AND LEGAL CONSIDERATIONS

Mediation services:

Legal consultation:

VIII. ADDITIONAL NOTES

Specify below:

IX. SIGNATURES AND DATE

This plan provides clear guidelines to minimize conflict while ensuring a stable and structured environment for the child/children. We agree to follow this plan and make all decisions with the child's/children's best interests in mind. We commit to maintaining a respectful, structured, and cooperative approach to parenting while minimizing direct interaction.

1. Parent name: _____

Signature: _____
Date: _____ dd / mm / yyyy 2. Parent name: _____

Signature: _____
Date: _____ dd / mm / yyyy