

SAMPLE PARENTING SCHEDULES¹

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 your own personalized schedule. 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



M	T	W	Th	F	Sat	Sun

¹ 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

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

Plan A (2nd Option): 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.

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



12 TO 24 MONTHS

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

Plan A (2nd Option): 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

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

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

Plan B: 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.



3 TO 5 YEARS OLD

Plan A1: 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.

M	T	W	Th	F	S	Su
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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.

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

M	T	W	Th	F	S	Su
				■	■	■
			■			
		■				
				■	■	■
			■			
		■				

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.

3 to 5 Years Old — Continued

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

M	T	W	Th	F	S	Su
Alternating weeks from Thursday at 5:30 p.m. to Monday at 8:00 a.m. Alternating weeks from Thursday at 5:30 p.m. to Friday at 8:00 a.m.						

Plan C1: 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.

M	T	W	Th	F	S	Su
Each week from Sunday at 8:00 a.m. to Wednesday at 12:00 p.m.						

3 to 5 Years Old — Continued

Plan C2: 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.

M	T	W	Th	F	S	Su

Each week on Monday after daycare or 8:00 p.m. if no daycare to Wednesday at 8:00 a.m. Alternating weekends from Friday to Monday.



**6 - 9 YEARS OLD and
10 TO 13 YEARS OLD**

Plan A1: 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.

M	T	W	Th	F	S	Su

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

6 - 9 YEARS OLD and 10 TO 13 YEARS OLD — Continued

Plan A2: 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.

M	T	W	Th	F	S	Su
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■					■	
	■					
■					■	
					■	
					■	

Alternating weeks from Monday at 5:30 p.m. to Wednesday at 8:00 a.m. Every Saturday from 2:00 p.m. to 8:00 p.m.

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

M	T	W	Th	F	S	Su
			■	■	■	■
		■				
	■					
			■	■	■	■
		■				
	■					

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.

6 - 9 YEARS OLD and 10 TO 13 YEARS OLD — Continued

Plan C1: 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.

M	T	W	Th	F	S	Su
Each week from Sunday at 8:00 a.m. to Wednesday at 12:00 p.m.						

Plan C2: 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.

M	T	W	Th	F	S	Su
Each Monday after school to Wednesday at 8:00 a.m. Alternate weekends.						

6 - 9 YEARS OLD and 10 TO 13 YEARS OLD — Continued

Plan C3: 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.

M	T	W	Th	F	S	Su

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

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

M	T	W	Th	F	S	Su

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.

14 TO 18 YEARS OLD — Continued

Plan B: 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.

M	T	W	Th	F	S	Su
Parents share time with the child on alternating basis. Optional Wednesday overnight with non-access parent.						

Plan C: 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.

M	T	W	Th	F	S	Su	
Alternating weeks from Wednesday overnight to Saturday afternoons. Alternating weeks from Tuesday overnights to Saturday afternoons. Both parents share time with the child on weekends and weekdays each week.							