

# Parenting Plan Checklist

The following is a checklist of possible topics you may wish to consider including in your parenting plan. It is unlikely that all of these topics will be relevant to your matter. There may be other topics you wish to consider.

## Child/ren's living arrangements

- The time each child shall spend with each parent
- Holiday arrangements
- How the child/ren will maintain contact with each parent when with the other parent
- How each parent can facilitate the child/ren's participation in their sporting and other extra-curricular activities
- How we will help our children maintain their friendship/peer networks
- How the child/ren will move between houses and between their activities
- What clothing and other belongings of the child/ren will be shared between households
- If a change to usual arrangements is requested, the amount of notice which should be given

## Arrangements for special days

- Christmas, Easter
- Each child's birthday
- Mother's Day and Father's Day
- Other important days in our family
- Whether each parent will attend special events
- Whether parents will share the cost of presents

## Education

- Each child's current and future educational needs
- The type of school we would wish them to attend
- How each parent will receive information from the school
- How each parent will be involved in school activities
- How educational costs (e.g. school fees, uniforms, camps, books, stationery and other equipment, additional tuition, etc) will be met
- Additional educational supports e.g. Tutoring or extra classes



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## Health

- Any special health or dietary needs of the child/ren
- How we will keep each other informed about the child/ren's health
- How medical/dental appointments will be arranged and whether each parent will attend
- How health care costs (e.g. health insurance, dental, prescriptions, etc) will be met
- How we will decide upon support service for our child/ren e.g. counselling, psychologist, psychiatrist



## Communicating in the Best Interests of the Children

- Ensuring our communications are respectful and child focused
- Ensuring our child/ren are protected from witnessing parental conflict
- How we will go about informing each other of any emergency involving the child/ren
- Keeping each other informed as to the child/ren's care, welfare, development and routines
- Whether we need to set up a regular time to discuss parenting issues
- How we will introduce new partners to the child/ren
- How we will resolve any differences of opinion (e.g. return to mediation)



## Other matters we may need to discuss that will benefit the child/ren

- How the child/ren will maintain relationships with extended family members (e.g. grandparents, uncles and aunts, etc)
- Facilitating the child/ren's maintaining a connection with their culture
- Unexpected costs
- Religious upbringing

