

Sample

*Optional Parenting Plan Provisions*

**Active parenting roles.** *Both parties shall continue to have full and active roles in providing a sound moral, social economic and educational environment for the child and continue that support which the child has received to date. The parents shall consult with one another on substantial questions relating to religious upbringing, educational programs, significant changes in social environment, and non-emergency health care of the child. These powers shall not be exercised for the purpose of frustrating, denying or controlling in any manner the social development of the other parent. The parents shall exert their best efforts to work cooperatively in future plans consistent with the best interest of the child and in amicably resolving such disputes as may arise.*

**Emergency decisions.** *Some decisions affecting the minor child must by necessity be on an emergency basis, and in such event, each of the parties acknowledge that they have full confidence in the other's ability to make a unilateral decision for the child's welfare which otherwise would be a joint decision of the parties.*

**Exposure to Illnesses and Hazards and Accidents.** *If either of the parties shall have the knowledge of the child's exposure to viruses or other illnesses or to household hazards such as lice, or involvement in any accident or other matters seriously affecting the health and well-being of the child, he or she shall promptly notify the other by the quickest means possible, and, except in emergencies, shall not take action without consulting the other.*

**No Disparagement.** *Neither of the parties shall make any disparaging comment about the other parent to or in the presence of the minor child. Neither party shall disparage or slander the other party in public or to others.*

**Coparenting encouraged.** *Both parties shall exercise, in utmost good faith, his or her best efforts at all times to encourage and foster the maximum relations of love and affection between the minor child and her father and mother. Neither party shall in any way impede, obstruct nor interfere with the exercise of the other of his or her right of companionship with the minor child, and neither of them at any time shall in any manner disparage nor criticize the other parent, nor allow any other to do so, to or in the presence of the minor child.*

**Sharing of Child's Location & Caregivers.** *Upon inquiry by either parent, the parent having physical custody of the child shall provide the other parent with the location of the child and the names of any individuals providing care for the minor child. The child shall not be left in the unsupervised care of Jane Doe | John Doe at any time.*

**Disciplining the Child.** *No third party shall be allowed to discipline the parties' minor child through corporal punishment.*

**Overnight Guests.** *With the exception of family members, neither party shall allow overnight guests of the opposite sex while the minor child is present, unless the parent and the overnight guest of the opposite sex have been in a serious relationship for more than six (6) months. All non-relative adult romantic guests of the opposite sex shall not remain in the residence with the child present between the hours of 10:00 p.m. and 7:00 a.m.*

**Romantic Partners.** *Neither party shall introduce the child to a new romantic partner unless the parent and the romantic partner of the opposite sex have been in a serious relationship for more than six (6) months. Each party shall keep the other informed of any major life changes (i.e., new partners, engagement, marriage, and pregnancy).*

**No Smoking.** *Neither party will allow the child to be exposed to cigarette smoke or e-cigarette “vaping” in enclosed areas or vehicles. Neither party will allow other parties to smoke around the child.*

**Illegal Drugs/Alcohol.** *Neither party shall be under the influence of alcohol or illegal drugs (or knowingly allow others to do so) when the child is in his or her custody.*

**Relocation.** *The Mother reserves the right to relocate for the purpose of new employment or for a serious relationship/marriage. In the event the Mother’s new residence is located further than eight (8) hours away from her current residence, the parties shall meet halfway to exchange the child for visitation and the Petitioner shall be responsible for 73% and the Respondent shall be responsible for 27% of any and all transportation/airfare costs associated with visitation.*

**Other Children.** *No other children unrelated to the child by blood or marriage shall be present for/during visitation.*

**Right of First Refusal.** *Anytime the Father is unable to care for the child himself, the Father shall give the Mother the first right of refusal and the opportunity to care for the child before any third-party caregiver other than her regular daycare provider or the maternal grandparents. The child shall not be left in the care of*

*another minor child. [This can also be made a mutual provision, binding on both parties].*

**Parental Nomenclature.** *The parties hereto acknowledge and agree that they will not cause or allow the minor child to refer to and/or call any other individual by the term “Mother,” “Father,” “Mama,” or “Daddy” other than the parties hereto.*

**Child’s Sleeping Arrangements.** *The minor child shall have her own bedroom and bed at each parent’s home. The child shall not share her bedroom with more than one other blood-related child of the same gender.*

**Transportation & Car Seat.** *At all times, the child shall be transported in a securely fastened child safety seat appropriate for the child’s age and weight, in the vehicle’s back seat at all times, consistent with applicable laws. Further, the child shall be transported in a vehicle which is roadworthy and safe.*

**Child’s Clothing.** *Each party shall keep a complete, seasonally appropriate wardrobe at his/her home for the child’s use during his/her times of physical custody. The clothing, shoes, accessories and outerwear purchased by the Mother shall be worn to the Mother’s home on days the child return to her physical custody, and the clothing, shoes, accessories and outerwear purchased by the Father shall be worn by the child to the Father’s home on the day the child return to his physical custody.*

**Diet.** *Each parent is responsible for providing a healthy balanced diet, including appropriate meals and snacks. The parties agree that the child’s diet should stay consistent and healthy. Father agrees to follow the child’s pediatrician’s*

*guidance with regard to the introduction of new foods and dietary restrictions.*

*The child's allergies shall be carefully monitored at all times.*

**Medications.** *Both parties shall ensure that the child receives all medicines as prescribed.*

**Exposure to Animals.** *The parties shall not expose the child to vicious animals like pit bulldogs.*

**Child's Appearance.** *Neither party shall substantially alter the child's appearance without written consent of the other parent. [You would be amazed how much people argue over the timing and style of children's haircuts, and ear piercing can also create coparenting disputes.]*

**No Contact.** *The child shall not be in the presence of Jane Doe / John Doe at any time. [This provision is useful for addressing dangerous people in your coparent's life.]*

**Discussion of Legal Matters.** *Neither party shall discuss with or in the presence of the child this legal action or any other legal action between the parties or any legal matters (i.e., custody, visitation, or child support matters) concerning the child.*

**Access to Electronic Devices.** *The child's use of electronic devices such as a smart phone, tablet, television, etc. shall be limited to the following based on the child's age:*

*0-3 years: no screen time*

*3-6 years: no more than 35 minutes per day*

*6-10 years: no more than one (1) hour per day*

*Both parties shall monitor the child's online activities.*

**Dangerous Activities:** *The child shall not participate in any dangerous activities including, without limitation, those activities involving four wheelers, motorcycles, ATVs, dirt bikes, go carts, dune buggies, and similar vehicles without written consent from the other parent.*