

Parallel Parenting Plan

Parent information		
	Parent 1 (Mother)	Parent 2 (Father)
Full name		
Address		
Phone number		
Email address		
Occupation and workplace		
Children's information		
	Child 1	Child 2
Full name		
Date of birth		
Current school/daycare		
Health conditions or special needs		
	Child 3	Child 4
Full name		
Date of birth		
Current school/daycare		
Health conditions or special needs		

Emergency contacts		
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

Decision type	Responsible parent(s)
Daily routine	
School and education	
Medical treatments	

IV. Child-related expenses and belongings

Expense type	Responsibility
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

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.

Parent name

Signature

Date