

# Parenting plan



We respect each other as parents, accept each other's importance in the lives of our children and agree to cooperate as partners in raising our children.

We have prepared our parenting plan to help us ensure that our children have a loving, safe and stable growth environment that meets their needs and corresponds to their stage of development.

## **We acknowledge and accept our children's rights to**

- mental and physical safety and maintenance
- receive love and care from us parents and other people important to them
- build close relationships with us parents independently.

## **We acknowledge and accept that, as parents, we have a shared responsibility for:**

- the physical care, health and safety of our children
- our children's mental well-being and chance to grow in peace
- our children's needs and changes in these needs as the children grow and develop
- our children's maintenance
- protecting the children from any conflicts between us that could harm the children if the conflicts got aggressive and dragged on
- making decisions together according to our children's best interests
- respecting our children's relationship with both parents

## **Our shared child is / Our shared children are:**

**We have drawn up this parenting plan on** \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature



## What does our child need?

What is important to the child and what brings them joy?

What is difficult for the child?

What does the child hope for from us parents?

What is the significance of sibling relationships to the child and how should they be taken into account?

What needs does the child have with regard to school and day care attendance?

What needs does the child have with regard to hobbies or friendships?

Does the child have physical or psychological special needs?

What kind of things does the child do with one of the parents, how about with the other?  
Are there things for which the child needs one of the parents in particular?

What kind of things are important to the child during or after the divorce or separation process?

### **Also look slightly further ahead into the future**

Imagine that in five years you will discuss the divorce or separation with your child –  
what positive things will the child tell you?

How will you act as parents in order to leave your child with these good memories?



## Information sharing and communication

Discuss the themes below and tick the boxes next to the content you want to enter in your shared plan.

### Questions about information sharing and communication between the parents:

- ☐ What kinds of decisions do we need to talk about together?
- ☐ What kinds of things can one parent decide alone?
- ☐ Do we need to hold regular meetings to discuss things related to our children and parenting practices?
- ☐ When is a good time to call the other, and when should we not call? What other methods of communication are suitable for us?
- ☐ How can we resolve disagreements? How can we calm ourselves and each other down if our conversations escalate?
- ☐ How do we agree to speak to the children about their other parent?
- ☐ How do we intend to act and converse in situations in which the children will see us together?
- ☐ How can we prove to them that we are cooperating to ensure their comfort?
- ☐ How will we convey to each other important information that we receive from the day care centre, school or health care services, for example?
- ☐ How will we let each other know if the child is having problems?
- ☐ How will we act in exceptional circumstances or emergencies?

### Questions about information sharing and communication between the parent and the child:

- ☐ How will we keep in contact with the child while they are staying with the other parent?
- ☐ How do we ensure that our children stay in contact with important relatives and friends – including on the ex-partner's side of the family?
- ☐ How do we ensure that our children have a say in new arrangements?
- ☐ How do we want our possible new partners to be introduced to our children?

### Our plan for information sharing and communication:



## Living arrangements and time spent at the parents' houses

### Questions about living arrangements and time spent at the parents' houses:

- ☐ How much time will each child spend with each parent?
- ☐ At what age will the baby or toddler start overnight visits?
- ☐ At what age can the child travel to the other parent's house alone?
- ☐ How will the child spend their summer holiday at their parent's houses?
- ☐ How will we maintain contact between the child and the parent when the parent lives elsewhere?
- ☐ How will we arrange the child's transport between homes? How will we handle drop-off and pickup situations?
- ☐ Who will take care of the child's clothes?
- ☐ Which clothes/items/toys will be transported between homes?
- ☐ How will we take care of transporting the child to their recreational activities and the equipment required for these activities?
- ☐ How will temporary child care and babysitting be arranged?

### Our plan for living arrangements and time spent at the parents' houses:



## Sharing financial responsibility

### Questions about sharing financial responsibility:

- ☐ What are the child's daily expenses, such as clothes and other personal supplies, hobby fees, phone bills, schoolbooks, travel to and from school, insurance premiums, etc.?
- ☐ How will we share the cost of larger one-off purchases, such as hobby equipment, musical instruments, computers, phones, etc.?
- ☐ How will we handle the costs arising from meetings?
- ☐ Will we give our children a weekly allowance – will different homes have different rules about this?
- ☐ What will we do with unexpected expenses (such as illnesses, accidents)?
- ☐ What will we do if our life situations change and our previous plans for sharing financial responsibility can no longer be realised?

### Our plan for sharing financial responsibility:



## The child's school and day care attendance

### Questions related to school and day care attendance:

- ☐ In the future, how do we want to negotiate matters related to our children's school attendance, such as choosing a school or special class or considering special needs?
- ☐ How will we stay in contact with the school/day care centre: both of us separately or just one of us, who will then inform the other? Will we both create Wilma accounts?
- ☐ Will we both attend parents' evenings at the school or day care centre or will just one of us attend?
- ☐ Will we both participate in celebrations and other events held at the school or day care centre?
- ☐ How will we tell our child's teachers or caretakers about the changes to the child's life as a result of the divorce or separation?

### Our plan regarding the questions related to school and day care attendance:



## Other questions

- ☐ What will we do about doctor's appointments – who will take the child to a doctor?
- ☐ Does the child have health issues or are there other questions related to the child's well-being for which we must prepare a plan of action?
- ☐ Does our child have a special aptitude for art or sports, for example, or hobbies that we want to discuss supporting?
- ☐ What is our agreement on our child's religious upbringing?
- ☐ How will we handle the child's first language – what language will the child speak with each parent and what language will be spoken at the child's school or day care centre?
- ☐ Are there customs related to different cultures in our family that we want to discuss, such as the child's diet?
- ☐ Do our children have pets that require new arrangements?

### Our plan regarding other matters:





## Agreements with a teenager: