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Child Custody Parenting Plan Checklist

Many states require a written parenting plan in custody cases. Use this checklist to make sure your plan covers the issues that most often cause conflict later.

Name: _____ Date: _____ Case/claim no.: _____

Schedule

- [ ] Regular weekly and weekend schedule
- [ ] Holidays, birthdays and special days
- [ ] Summer and school breaks
- [ ] Make-up time if a visit is missed
- [ ] Right of first refusal for childcare

Decision-making

- [ ] Education and school choice
- [ ] Non-emergency health care
- [ ] Religious upbringing
- [ ] Extracurricular activities
- [ ] How emergencies are handled

Logistics

- [ ] Exchange times and locations
- [ ] Who handles transportation and costs
- [ ] Out-of-state and international travel notice
- [ ] Passports and travel documents
- [ ] Rules for relocation and how much notice is required

Communication

- [ ] How parents communicate (app, email, text)
- [ ] Child's contact with the other parent by phone or video
- [ ] Sharing school and medical information
- [ ] Introducing new partners

Resolving disputes

- [ ] Mediation before going back to court
- [ ] How and when the plan will be reviewed
- [ ] Adjustments as the child grows

Tips

- Keep a calendar of actual parenting time and any missed exchanges.
- Communicate in writing and stay child-focused; courts read those messages.

Notes