

# Sample Parenting Schedules (for 13 to 18 Year Olds)

The information and graphs below are **samples** of parenting time schedules based on children’s ages and different parenting styles. They are provided as a tool to give you ideas in order to help you create **your own personalized schedule**. Parenting time should be scheduled based on the needs of each individual family.

## Plan A Samples:

These plans are best suited where one parent has not been the child’s primary caregiver and/or wants regular contact but is not able to provide extensive care-giving due to an inflexible work schedule or other circumstance.

## Plan B Samples:

These are best suited for parents who have been involved in the day-to-day care of the child and who want greater contact than is afforded in Level A plans.

## Plan C Samples:

These are best suited for parents who have been involved to a significant extent in the day-to-day care of the child and desire maximum contact.

**Plan A: A one or two-night weekend on alternate weeks, plus one evening every week.** Can also omit the evening or make it an overnight. One home is “home base” for the child. Example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	A	A	B	B
			B		B		A
			A		B		A
#2	A	A	A	A	A	A	A
			B		B		A
			A		B		A

**Plan B: Parents alternate seven-day periods.** Requires good communication between parents and a great deal of cooperation about the child’s activities. The seven-day period can start on any day. Mid-week evening or overnight with the other parent can be added. Example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	A	B	B	B
					B	B	B
#2	B	B	B	B	A	A	A
					A	A	A

**Plan C: Each parent has three overnights one week, four overnights the next week.** Each has some weekend time with child. Example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	B	B	B	A
			B			A	
			B			A	
#2	A	A	B	B	B	B	A
		B				A	
		B				A	

**For more info go to: [www.ojd.state.or.us/ParentingPlan](http://www.ojd.state.or.us/ParentingPlan)**