Sample Parenting Schedules (for 3 to 5 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. Example:

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

Plan B: A three-night weekend on alternate weeks, plus one overnight on the other week. Example:

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

Plan C (1st Option): Parents split each week and the weekend. Provides a consistent routine and accommodates child's ability to be apart from either parent for only three days. Example:

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

Plan C (2nd Option): Parents have the same two consecutive weekdays every week. Alternate weekends. Provides each parent with whole weekends with and without the child. Example:

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

For more info go to: **www.ojd.state.or.us/ParentingPlan**

Updated: 06/24/2010 J. Garceau