

## WHAT IS A PARENTING PLAN? A

Parenting Plan is a document that is used when you and the other parent of your child are not living in the same house. A Parenting Plan states when your child will be with each parent and how decisions will be made.

## WHY WOULD I WANT A

**PARENTING PLAN?** Having a parenting plan provides parents with specific details about the time they share with their children and who is responsible for important decisions. Oregon law requires parents (married or unmarried) to file a Parenting Plan with a request for a divorce or child custody order. In addition, a parenting plan may help you meet the requirement of an agreement in writing if you intend to use the “parenting time credit” in calculating child support.

## HOW CAN I GET HELP TO CREATE A PARENTING PLAN?

There are two parenting plan guides that have been developed to assist divorcing/separating parents. The materials will help you create a plan that fits your family’s unique needs and your child’s age. The Basic Parenting Plan Guide also tells you about other places where you can get help to create your parenting plan.

## WHICH GUIDE SHOULD I USE?

The description that follows should help you decide which publication is right for you.

### **THE BASIC PARENTING PLAN GUIDE.**

This guide includes:

- an introduction to the parenting plan process
- a list of questions a parent can ask to get started
- a chart showing ages and stages of development of children and sample schedules
- a fill-in-the blank form with instructions
- A fill-in-the-blank long distance form with instructions
- a resource list of books and other materials
- a glossary of words and definitions.

### **THE SAFETY-FOCUSED PARENTING PLAN GUIDE.**

Available in English or Spanish. For a parent who has safety concerns about parenting time (*see other side of this brochure*), this guide contains three different parenting plans:

- Option A with supervised visitation
- Option B with unsupervised-no overnight parenting time
- Option C with unsupervised-overnight parenting time

## WHERE CAN I GET A COPY OF THE GUIDE?

1) You can check with your local circuit court clerk to see if hard copies of the Guides are available (there maybe a fee charged by the court for hard copies of the Guides).

2) You can download and print copies off the web using your own computer Go to the OJD Family Law Website at:

[www.ojd.state.or.us/ParentingPlanGuide](http://www.ojd.state.or.us/ParentingPlanGuide)

3) You can use a computer and printer at your local library or legal aid office to download the documents you want. For information on legal aid offices near you, go to the following website:

[www.oregonlawhelp.org](http://www.oregonlawhelp.org)

(Click on “Find Legal Aid Offices” link)

**WHO CREATED THE GUIDES?** The Office of the State Court Administrator, Court Programs & Services Division and the Oregon Judicial Department’s State Family Law Advisory Committee (SFLAC), through the work of the SFLAC Parenting Plan Outreach Workgroup.



**DO I NEED A SAFETY FOCUSED PARENTING PLAN?** The list below can help you decide.

**Has the other parent:**

- acted as though violent behavior toward you or your child is OK in some situations?
- damaged or destroyed property or pets during an argument?
- threatened to commit suicide?
- pushed, slapped, kicked, punched or physically hurt you or your child?
- had problems with alcohol or other drugs?
- needed medication to be safe around others?
- threatened not to return or not returned your child?
- used weapons to threaten or hurt people?
- threatened to kill you, your child or anyone else?
- sexually abused anyone?
- been served a protection or no-contact order?
- been arrested for harming or threatening to harm you or anyone else?

If you answered “yes” to any of these questions, you may need to use a **Safety Focused Parenting Plan.**

Contact your local domestic violence center for additional help.  
Call 888-235-5333 for a referral.

Additional family law information is available on the Oregon Judicial Department’s Family Law Website:

<http://www.ojd.state.or.us/familylaw>

- Parent Divorce Education Programs
- Family Law Facilitation Programs
- Family Law Forms for:
  - Divorce
  - Separation
  - Custody/Parenting Time Enforcement
  - Modification
  - Co-Petitioners
  - Fee Waiver
  - Non-disclosure and more
- Downloadable brochures, guides and flyers with information about family law, parenting time enforcement, and more
- Links to other services that provide assistance to divorcing/separating parents, such as the Oregon State Bar’s *Lawyer Referral Service*, the Division of Child Support, and Legal Aid offices



## WE CAN HELP YOU CREATE YOUR PARENTING PLAN

A publication of the Oregon Judicial Department

<http://www.ojd.state.or.us/familylaw>



This brochure is available in alternate formats upon request. For additional information, please contact the Office of the State Court Administrator, Court Programs & Services Division at (503) 986-5611.