

BIRTH THROUGH THREE PARENTING TIME TOOL CHECKLIST

Consideration	Parent A Note if Present, Emerging or Absent	Parent B Note if Present, Emerging or Absent
1. Gateway Factor: Safety	*	*
Note: If domestic violence is present, seek additional resources. For example: safety provisions on page 3 (section 1B) of this tool, Oregon Judicial Department Safety Focused Parenting Plan and Domestic Violence Bench Card .		
A. Child is safe in the care of the parent.		
B. Parent does not present a danger to the other parent.		
2. Gateway Factor: Child's Trust/Security	*	*
A. Child is continuing an established relationship with the parent.		
B. Child seeks comfort from and can be soothed by the parent.		
C. Child is supported in exploration by the parent.		
* Consider limited or no overnights when a Gateway Factor is absent for one parent.		
3. Parental Capacity		
A. Parent is sensitive to, responds to, and is able to meet the child's needs.		
B. Parent has no or well-managed chemical dependency/abuse issues.		
C. Parent has no or well-managed mental health issues.		
4. Child Health and Development		
A. Child has no significant medical or developmental needs, or such needs are well supported by both parents.		
B. Infant is not exclusively dependent on breastfeeding.		
5. Child's Behavioral Adjustment		
A. Absence of persistent (>3-4 weeks) signs of maladjustment: Irritability, excessive clinging, intense crying/upset, aggressive or self-harm behavior, regression, low persistence in learning/play.		

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CHECKLIST (ctd.)**

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6. Co-Parent Relationship: parents can		
A. Communicate and plan together.		
B. Manage conflicts and seek intervention when needed.		
C. Be consistent yet responsive with schedules.		
D. Value the child's relationship with the other parent.		
E. Put child's needs before their own.		
F. Ensure low stress during transitions.		
7. Practical Resources		
A. Parent can provide overnight care.		
B. Manageable commute between parents.		
C. When a parent can't care for child overnight, care by other parent is prioritized.		
8. Family Factors		
A. Child has an existing relationship with a sibling or other close family member who is a source of security and who can be present during the parenting time.		
B. The cultural or religious practices of the child's family can enrich the child's development.		

BIRTH THROUGH THREE PARENTING TIME TOOL SUGGESTIONS AND IDEAS

Concern	Consideration for parenting plan:
1. Safety	CHILD WELFARE REPORT MAY BE REQUIRED Consider safety focused parenting plan.
A. Abuse or neglect of the child	<ul style="list-style-type: none"> • Formal parenting time supervision with support program or private professional. • Informal supervision with impartial third party. • Parent to attend parenting classes or engage services of a parenting coach.
B. Domestic Violence	<ul style="list-style-type: none"> • Limit contact of parents during transitions. • Exchanges conducted through a neutral party. • Transition of child at a public or other safe location. • Transitions limited to daycare or curbside at homes. • Limit parent communications to email or text. • Require perpetrator to complete Batterer Intervention and comprehensive parenting classes. • Assess need for services for survivor– Therapy support or classes.
C. Mental Health	<ul style="list-style-type: none"> • Assessment and recommendations from professionals. • Treatment as indicated. • Provide support, coaching, and education. • Status check by court or assigned professional. • Consider providing custodial parent some access to treatment records.
D. Drug and Alcohol	<ul style="list-style-type: none"> • Immediate and ongoing UA's or hair follicle testing. • Assessment and treatment as indicated. • No substance use 24 hours prior to or during parenting time. • Consider Interlock device on auto. • Consider giving custodial parent access to UA results.
2. Child's Trust and Security	Graduated parenting time plan; consistent, regular, frequent contact.
A. Child has little or no trusted relationship with the parent.	<ul style="list-style-type: none"> • Initial parenting time with trusted caregiver and possibly with therapist support.
B. Child does not seek comfort from and cannot be soothed by the parent.	<ul style="list-style-type: none"> • Parenting classes, coaching or parenting support professional may be indicated.
C. Child is not supported in exploration by the parent.	<ul style="list-style-type: none"> • Parenting classes, coaching or parenting support professional may be indicated.
3. Parental Capacity	(see #1 above)
4. Child Health and Development	Assessment by neutral professional
A. Child has significant developmental or medical needs.	<ul style="list-style-type: none"> • Non-custodial parent is ordered to adhere to healthcare provider recommendations. • Parent receives education on child's special needs and is made aware of medical appointments. • Custodial parent exchanges medical and appointment information. • Assessment by Early Head Start.

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Concern	Consideration for parenting plan:
5. Child is demonstrating maladjustment to current parenting time schedule.	
A. Child is demonstrating symptoms of maladjustment across situations.	<ul style="list-style-type: none"> • Bi-lateral education of parents with parenting class or consultant. • Trusted caregiver present in all or some portion of parenting time. • Consider changes to circumstances of transitions between parents. • Consider assessment or treatment with child specialist to adjust parenting time schedule.
6. Co-parent relationship issues exclusive of DV:	
D. Parents are unable to communicate, plan and support each other without conflict.	<ul style="list-style-type: none"> • Court offers communication guidelines for email and other communication. • Informal or formal parent coordination with assigned professional. • Use of parent notebook or other shared communication medium such as google calendar. • Neutral exchanges/third party that minimize exposure to conflict – daycare exchanges etc. • Parents Beyond Conflict Class/Co-parent counseling • Individual parent counseling or coaching.

Generally, deference to parental discretion and joint decisions is encouraged.

IMPORTANT LINKS

Basic Parenting Plan Guide:

<http://courts.oregon.gov/OJD/OSCA/JFCPD/Pages/FLP/Parenting-Plan-Guide.aspx>

Birth Through Three Parenting Plan Guide:

<http://courts.oregon.gov/OJD/docs/OSCA/cpsd/courtimprovement/familylaw/Birth%20through%20Three%20Guide%202009-2014%20FINAL.pdf>

Safety Focused Parenting Plan Guide:

<http://courts.oregon.gov/OJD/docs/OSCA/cpsd/courtimprovement/familylaw/sfppgentirever04-091003.pdf>