



CIRCUIT COURT OF THE STATE OF OREGON
 FOR THE COUNTY OF BENTON
Twenty-First Judicial District
 120 NW 4th Street
 Corvallis, OR 97330



_____ Petitioner and _____ Respondent	Case No: _____ STANDARD PARENTING PLAN (EXHIBIT 1) Proposed by: <input type="checkbox"/> Petitioner <input type="checkbox"/> Respondent <input type="checkbox"/> Stipulation <input type="checkbox"/> Court Order
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IMPORTANT NOTICE: When developing your parenting plan, you should consider the parenting plan resources available at [OJD Parenting Plan Resources](#) (Ctrl+Click to follow the link.)

Your decisions about how much time a child spends in the care of each parent may have important financial implications. This decision may affect how much child support a parent is responsible for, whether a parent can claim a tax dependency deduction, etc. You should consult an attorney before filing your Parenting Plan.

This standard Parenting Plan is intended to:

- Ensure the child’s optimal development by providing continuity, stability and predictability for the child.
- Ensure frequent and continued contact with each parent.
- Encourage parents to select the options which best meet the interests and needs of their child and family.

If parents are unable to agree on the terms of a Parenting Plan, you are encouraged to consult a mediator to help develop a plan that meets the best interests of the child.

Because a written plan cannot address every possible situation that might occur, the parents should implement this plan in a spirit of good faith and mutual cooperation.

If there are safety concerns for either parent or child, this standard parenting plan may not be appropriate, and the parents should refer to the Safety Focused Parenting Plan.

Children Included in Plan: (additional names listed on attached page)

Child’s Name	Age / Year of Birth

Parent A is (name): _____

Parent B is (name): _____

SECTION 1 - CUSTODY

1.1 **Custody.** (Choose Option 1 or 2)

- Option 1:** Parent A and Parent B are awarded **joint custody** of the child. Both parents will share in all major (as defined below) decision making about the child. If parents are unable to agree, they are encouraged to utilize a mediator to help reach a mutual agreement.
- Option 2:** Parent A is awarded **sole custody** of the child. Parent A has sole authority to make major decisions for the child, and (choose one of the following)
- Parent A will consult with the other parent prior to making major decisions.
- Parent A has the option, but not the requirement, to consult with the other parent prior to making major decisions.
- Parent A can make each of these decisions on the child's behalf without notice or input from Parent B.

1.2 **Decision Making.**

- 1.2.1 Day-to-Day Decisions – Each parent may make routine day-to-day decisions for the care and safety of the child during the time the child is in their care.
- 1.2.2 Emergencies – Parent B shall have authority to authorize emergency medical, dental, psychological psychiatric or other health care for the child if Parent A is, for practical purposes, unavailable. If the parties share joint legal custody, the parent caring for the child when an emergency arises will make necessary emergency decisions.
- 1.2.3 Major Decisions – Major decisions include, but are not limited to, decisions about the child's residence, education, non-emergency healthcare (including medical, dental, and mental health/psychological care), and religious education.
- 1.2.4 Apply to be Child's Conservator or Guardian – Each parent has the authority to apply to be the child's conservator, guardian ad litem, or both.

SECTION 2 - RULES FOR PARENTING

2.1 **Information Sharing.**

- 2.1.1 Access to Information – Both parents have equal authority:
- To inspect and receive school records, and to consult with school staff concerning the child's welfare and education;

- To inspect and receive governmental agency and law enforcement records concerning the child; and
- To inspect and receive the child’s medical, dental, and psychological records, and to consult with any person who may provide care or treatment for the child.

2.1.2 Notification

- Each parent shall have a continuing responsibility to provide home addresses, mailing addresses, contact telephone numbers, and email addresses to the other parent within 24 hours of any change in such information; and
- Each parent shall immediately notify the other parent of any emergency circumstances or substantial changes in the health of the child.

2.2 **Parent’s Conduct.**

- Parents will refrain from making derogatory comments about the other parent or their family in the presence of the child.
- When the parents are present with the child, they will be polite and civil to each other.

2.3 **Communication with the Child.**

2.3.1 Communication by phone or video should be child focused. This is time for the child to hear the parent's voice between in-person parenting time. The Court recognizes that younger children may not be able to focus on the communication, but both parents should be encouraging and facilitating the communication set forth in this section.

2.3.2 Both parents may communicate with the child by any method during reasonable times. If the parties cannot agree, then communication by phone calls or video chats will occur no more than three times per week as follows:

Under 6 years old	6 to 12 years old	13 to 17 years old
Up to 10 minutes	Up to 15 minutes	Up to 20 minutes
Before 7 pm	Before 8 pm	Before 9 pm

2.3.3 Parents will not limit parent-child communications by mail or email.

2.3.4 Except as set forth below, parent-child communication through text and social media is unlimited.

Exceptions: _____

2.3.5 Neither parent will monitor or interfere with parent-child communications, except that a parent may be present during phone calls or video chats to help facilitate communication between the other parent and a young child.

2.3.6 Parents will not use the child as a “go-between” to relay information to the other parent.

2.4 **Parent to Parent Communication.** Means of communication between the parents shall be by (check all that apply):

Text or Telephone. Each parent shall provide a contact telephone number to the other parent.

In writing. Each parent shall provide a contact address to the other parent.

E-mail. Each parent shall provide an e-mail address to the other parent.

Parenting App. NOTE: App availability and subscription options are subject to change. Parties are encouraged to research app options. (Choose one).

Our Family Wizard (paid subscription)

Talking Parents (offers free and paid subscriptions)

Custody X Change (offers free and paid subscriptions)

WeParent (paid subscription)

2Houses (paid subscription)

AppClose (free)

CoParenter (paid subscription)

Fayr (paid subscription)

Other: _____

Purpose of communications between the parents shall be (check all that apply):

For any reason the parents may wish to communicate with each other.

Limited to issues relating to the child.

Limited to changes to the parenting plan (dates, times, etc.).

2.5 **Access to Child’s Activities and Events.**

- Both parents are allowed to attend the child’s school and other activities.
- Parents should attempt to coordinate parenting time and activities when possible.
- Parents are not required to take child to activities during their scheduled parenting time. Parents should remember this when they are scheduling activities during the other parent’s parenting time. However, the parents should work together to ensure that the child is permitted to attend their activities regardless which parent has the child during the time the activity is scheduled.

- Each parent is responsible for knowing their child's school and activity schedule and parents are encouraged to work together to ensure that both parents have the same information about their child's activities and school schedule.

2.6 **Child's Medication and Belongings.**

- 2.6.1 Both parents will give the child any needed prescription medication, meaning the appropriate amount at the appropriate time. When the child is taking medication, both parents will provide the other with the needed medication and specific written instructions for medication administration. Whether to administer medication is a custodial decision. If there is unused medication at the end of a parent's parenting time, it will be given to the other parent as needed for their parenting time.
- 2.6.2 Each parent will maintain whatever clothing, toys, accessories, or equipment the child requires while in their care. Neither parent will be required to provide the other with clothing, toys, accessories, or equipment for the other parent's time with the child. If one parent chooses to provide clothing, toys, accessories, or equipment to the other parent for that parent's parenting time with the child, all items are to be returned at the end of the parenting time to the parent who provided them.

2.7 **The Following Rules Apply to Both Parents:**

2.7.1 Daily Care

- Sole Custody - Parent A is responsible for the child's primary care. Parent B shall provide care for the child only while the child is staying with Parent B and will make only emergency medical, dental, or mental health/psychological treatment decisions on the child's behalf.
Parent B's right to make reasonable decisions regarding a child's care while the child is with Parent B does not include giving the child haircuts or making any change in a child's appearance (i.e., tattoos, ear piercing, etc.) unless Parent A has agreed in advance in writing, dated and signed.
- Joint Custody - Each parent is responsible for the child's primary care and may make emergency medical, dental, or mental health/psychological treatment decisions while that parent is caring for the child.

2.7.2 Child Safety - It is the duty of both parents to keep the child safe. Each parent shall protect the child in the following ways:

- Not become impaired by using prescription or non-prescription drugs, alcohol, cannabis products, or any other intoxicant when the child is present.
- Not allow the child to ride in a car unless the driver has a valid driver's license, auto insurance, seat belts and child safety seats

as required by Oregon law.

- Parents shall abide by the law concerning firearms possession and ownership. Parents shall take all reasonable precautions to ensure all firearms are kept in a secure manner to prevent the unauthorized use of, or access to, all firearms by the child.

2.7.3 Safety Rules - Parent A Parent B shall follow the safety rules checked below. If Parent A Parent B violates any of the rules below, Parent A Parent B may seek the court’s assistance through a contempt action (ORS 33.055), or if there is an immediate threat to the child, through a request for an Immediate Danger Order (ORS 107.139) (check all safety rules that apply):

There shall be no firearms in Parent A’s Parent B’s home, car or in the child’s presence during parenting time.

The child shall not be physically disciplined.

The following person(s) present a danger to the child and shall not be present during parenting time: _____

SECTION 3 - CHANGES TO PARENTING PLAN

Parents are encouraged to be flexible when it is in the child’s best interest. Temporary changes to the plan or parenting time schedule may be made at any time so long as both parents agree in writing prior to the temporary change. Agreed upon changes will be enforceable by the court only if the change is in writing, dated, signed by both parents under oath or affirmation, and submitted to the court leaving a space for the judge’s signature. [See ORS 107.174.]

3.1 Missed Time.

- There is no make-up time when a parent fails to exercise parenting time unless the other parent agrees.
- Child will not miss parenting time unless both parents agree.
- Illness of the child is not a reason to miss parenting time unless both parents agree.

3.2 Relocation.

- Parents moving at least 60 miles away from their current residence must notify the other parent in writing immediately upon learning of the move or at least 45 days prior to any move, whichever is sooner, and provide a copy of such notice to the court.

SECTION 4 – OTHER PROVISIONS

Attached, or as follows: _____

SECTION 5 – PARENTING TIME SCHEDULE (Attached)

Four parenting time schedules are available to choose from based on distance or age. Please choose and attach the appropriate schedule(s) to your parenting plan. You may use different plans for different children if you choose.

- Attachment 5A - Local Parenting Schedule.** Parents live less than 120 miles from each other.
- Attachment 5B - Long Distance Parenting Schedule.** Parents live 120 miles or more from each other.
- Attachment 5C - Birth Through Three Local Parenting Schedule.** For children 3 years of age and younger with different developmental needs than older children.
- Attachment 5D - Birth Through Three Long Distance Parenting Schedule.** Parents live 120 miles or more from each other and have children 3 years of age and younger with different developmental needs than older children.