

# Sample Parenting Schedules (for 6 to 12 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: Four overnights in a row in week #1 and one overnight in week #2.** Example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A B	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.** Allows each parent to be involved in child’s school. Provides a consistent routine. Child is apart from each parent 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

**Plan C (3rd Option): 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
#2	B	B	B	B	A	A	A

