

Sample Parenting Schedules (Birth to 36 Months)

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.

	<p>Level A Plans 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.</p>	<p>Level B Plans 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.</p>	<p>Level C Plans 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.</p>
<p>Birth to 12 Months</p> 	<p>Plan A (1st Option) Three periods of 3 to 6 hours spaced throughout each week. Frequent contact helps the child bond.</p> <p>Plan A (2nd Option) Two 6 hour periods spaced throughout each week. Use when schedules or conflict make more frequent exchanges difficult. Bonding may be slowed.</p>	<p>Plan B Two periods of three to four hours and one 8-hour period spaced throughout each week.</p>	<p>Plan C Two periods of 3 to 6 hours and one overnight each week.</p>
<p>12 to 24 Months</p> 	<p>Plan A (1st Option) See BIRTH TO 12 MONTHS, above.</p> <p>Plan A (2nd Option) See BIRTH TO 12 MONTHS, above.</p>	<p>Plan B See BIRTH TO 12 MONTHS, above.</p>	<p>Plan C One daytime period of 3 to 6 hours and two non-consecutive overnights each week.</p>
<p>24 to 36 Months</p> 	<p>Plan A (1st Option) See Plan B of BIRTH TO 12 MONTHS, above.</p> <p>Plan A (2nd Option) See Plan C of BIRTH TO 12 MONTHS, above.</p>	<p>Plan B See Plan C of 12 TO 24 MONTHS, above. Ideally, child should not be separated from either parent for more than 4 days.</p>	<p>Plan C One daytime period of 3 to 6 hours and two non-consecutive overnights each week. Ideally, child should not be separated from either parent for more than 4 days.</p>

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