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.

	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.	**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.	**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.
Birth to 12 Months 	**Plan A (1st Option)** Three periods of 3 to 6 hours spaced throughout each week. Frequent contact helps the child bond. **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.	**Plan B** Two periods of three to four hours and one 8-hour period spaced throughout each week.	**Plan C** Two periods of 3 to 6 hours and one overnight each week.
12 to 24 Months 	**Plan A (1st Option)** See BIRTH TO 12 MONTHS, above. **Plan A (2nd Option)** See BIRTH TO 12 MONTHS, above.	**Plan B** See BIRTH TO 12 MONTHS, above.	**Plan C** One daytime period of 3 to 6 hours and two non-consecutive overnights each week.
24 to 36 Months 	**Plan A (1st Option)** See Plan B of BIRTH TO 12 MONTHS, above. **Plan A (2nd Option)** See Plan C of BIRTH TO 12 MONTHS, above.	**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.	**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.

For more info go to:
http://courts.oregon.gov/OJD/OSCA/cpsd/courtimprovement/familylaw/parentingplan.page