

CHILDREN AGE THIRTEEN TO EIGHTEEN

Their “jobs”	Their needs	Signs of distress: (especially if it goes on for a long time)
<ul style="list-style-type: none"> • To develop greater independence and separation from family • To develop a sense of moral values (these may change) • To express resistance and rebelliousness while forming their identity (much like two years old) • To be naturally self-centered 	<ul style="list-style-type: none"> • Flexibility and understanding from parents regarding their time with friends and activities • Reminders that the divorce-separation is not their fault • Many teens want a say in the parenting plan • Positive role models • Reasonable, firm, and fair guidance 	<ul style="list-style-type: none"> • Excessive anger and negativity • Excessive isolation, depression • Trying to be “too good” • Difficulty with school or peers • Alcohol and drug use, sexual promiscuity

SAMPLE PARENTING SCHEDULES

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. You may fill out your own parenting schedule using the blank calendar below.

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. One home is “home base” for the child. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	A	A	B	B
			B		B		A
			A				A
#2	A	A	A	A	A	A	A
			B				
			A				

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

At all times not specified below.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: every every other other (specify) _____
 from Friday at 5:00 p.m. to Sunday at 6:00 p.m.

WEEKDAYS: Specify days every Wednesday evening
 from 5:00 p.m. to 8:00 p.m.

Plan B: 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. For 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

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

At all times not specified below.
 On the following days and times:

WEEKENDS: every every other other (specify) _____

WEEKDAYS: Specify days _____

OTHER: (specify) alternating weeks, from Friday at 3:00 p.m. to the following Friday at 3:00 p.m.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: every every other other (specify)_____

WEEKDAYS: Specify days _____

OTHER: (specify) alternating weeks, from Friday at 3:00 p.m. to the following Friday at 3:00 p.m.

Plan C: Each parent has three overnights one week, four overnights the next week. Each has some weekend time with child. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	B	B	B	A
			B			A	
#2	A	A	B	B	B	B	A
		B				A	

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

At all times not specified below.
 On the following days and times:

WEEKENDS: every every other other (specify)_____

WEEKDAYS: Specify days _____

OTHER: (specify) In week #1, from Saturday at 12:00 p.m. to Wednesday at 3:00 p.m. In week #2, from Saturday at 12:00 p.m. to Tuesday at 3:00 p.m.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: every every other other (specify)_____

WEEKDAYS: Specify days _____

OTHER: (specify) In week #1, from Wednesday at 3:00 p.m. to Saturday at 12:00 p.m. In week #2, from Tuesday at 3:00 p.m. to Saturday at 12:00 p.m.