

INDEX TO PARENTING PLAN MATERIALS

Parenting Plan Brochure

This brochure describes the parenting plan materials. It includes a basic introduction to parenting plans, a list of safety screening questions, and a list of other materials available on the Oregon Judicial Department's family law website.

Basic Parenting Plan Guide

COVER PAGE

WHAT IS A PARENTING PLAN?

This page gives a basic introduction to the concept of a parenting plan. It gives parents links to several resources to help them write their parenting plan. It includes safety screening questions to help a parent decide whether to use the basic parenting plan or the safety-focused parenting plan.

HOW DO I GET STARTED?

This section lists questions for parents to ask themselves so they may write a parenting plan that fits their own family's needs. It will help guide them through the parenting plan form.

BASIC PARENTING PLAN FORM

This is the basic parenting plan form with check boxes and simple choices. It offers opportunities throughout to help a parent write a plan that fits his or her family's needs. The form may be filled in on-line, saved, changed, emailed, or printed. A parent may print the blank form and fill it in by hand.

BASIC PARENTING PLAN WORKSHEET

This is the same basic parenting plan form with detailed instructions.

ADDITIONAL PAGES TO BASIC FORM

These attachments give parents additional choices for writing a parenting plan to meet their family's needs.

Attachment 3(c) offers a place for parents to set out a different parenting time schedule for a child whose needs are different from the other child's needs, or to include a different schedule for later, when the child's needs have changed because they are older.

Attachment 4.2 offers a place to add additional holidays or other days that may be special to a family.

Attachment 9.5 offers a place to add more paragraphs to the parenting plan.

SAMPLE SCHEDULES (BIRTH TO 36 MONTHS, THREE TO FIVE YEARS, SIX TO TWELVE YEARS, THIRTEEN TO 18 YEARS)

These are sample schedules for each age group. They provide developmental information and help guide a parent through an age-appropriate parenting time schedule. They offer at least one suggestion (sometimes more) for three different levels of parental involvement.

SOURCES USED FOR SAMPLE SCHEDULES

These sources provide references to some of the materials that were used to create the sample schedules.

BLANK CALENDAR

Parents can use the blank calendar to work out an ongoing schedule or to create a schedule for a particular month. The calendar may be filled in on line, saved, changed, emailed, or printed.

LONG DISTANCE PARENTING PLAN FORM

This form is specially designed for parents who live more than 60 miles away from each other. It is a master form with check boxes and simple choices. It offers opportunities throughout to help a parent write a plan that fits his or her family's needs. It can be filled in on line, saved, changed, emailed or printed. A parent may print the blank form and fill it in by hand.

ATTACHMENTS TO LONG DISTANCE FORM

Attachment 4(a) is a medium distance schedule designed for parents who live 60 to 180 miles apart.

Attachment 4(b) is a long distance Schedule designed for parents who live more than 180 miles apart.

LONG DISTANCE PARENTING PLAN WORKSHEET

This is the same master form with detailed instructions.

WORDS I NEED TO KNOW

This is a list of words and terms that are used in the Parenting Plan Guide or that parents may hear in court or during the legal process.

WHERE CAN I LEARN MORE?

This is a list of books, web sites, and other resource materials. Materials for children are sorted by age group. Materials for adults are sorted by topic. Some listings also include a brief summary of the material.

FEEDBACK FORMS

Parents may fill out an on-line survey or print and fill in a form to give feedback on the parenting plan materials. This will help to improve this website and make it work better for parents.

Safety-Focused Parenting Plan Guide (available in English or Spanish)
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COVER

INTRODUCTION AND INSTRUCTIONS

This page includes safety screening questions to help a parent decide whether to use the basic parenting plan and guide or to use the safety-focused plan and guide. It explains the three form options and when they may be used. It gives basic instructions for filling out the safety-focused forms.

SAFETY-FOCUSED PARENTING PLAN FORM - OPTION A (SUPERVISED)

This parenting plan form may be used when parenting time and/or exchanges (when the child/ren go from one parent to the other) need to be supervised.

SAFETY FOCUSED PARENTING PLAN FORM - OPTION B (UNSUPERVISED/NO OVERNIGHTS)

This parenting plan form may be used when parenting time and/or exchanges (when the child/ren go from one parent to the other) do not need to be supervised, but the child/ren do not stay overnight with one of the parents.

SAFETY FOCUSED PARENTING PLAN FORM - OPTION C (OVERNIGHTS)

This parenting plan form may be used when parenting time and/or exchanges do not need to be supervised, and the child/ren stay overnight at both parents' homes, but there is a need for safety measures during exchanges (when the child/ren go from one parent to the other).

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