

## Birth Through Three Parenting Time Tool – Checklist

Consideration	Parent A Note if Present, Absent or Emerging	Parent B Note if Present, Absent or Emerging
<b>1. Gateway Factor: Safety</b>	*	*
A. Child is safe in the care of the parent.		
B. Parent does not present a danger to the other parent.		
<b>2. Gateway Factor: Child's Trust/Security</b>	*	*
A. Child is continuing an established relationship with the parent.		
B. Child seeks comfort from and can be soothed by the parent.		
C. Child is supported in exploration by the parent.		
<b>*No overnights are indicated when a Gateway Factor is absent for one parent.</b>		
<b>3. Parent Mental Health</b>		
A. Parent is sensitive in recognizing and meeting the child's needs.		
B. Parent has no or well-managed chemical dependency issues.		
C. Parent has no or well managed mental health issues.		
<b>4. Child Health and Development</b>		
A. Child has no significant medical or developmental needs, or such needs are well supported by both parents.		
B. Infant is exclusively breastfeeding or will not take a bottle.		
<b>5. Child's Behavioral Adjustment</b>		
A. Absence of persistent (>3-4 weeks) signs of maladjustment: Irritability, excessive clinging, intense crying/upset, aggressive or self-harm behavior, regression, low persistence in learning/play.		
<b>6. Co-Parent Relationship: parents can</b>		
A. Communicate and plan together.		
B. Manage conflicts and seek intervention when needed.		
C. Be consistent yet responsive with schedules.		
D. Value the child's relationship with the other parent.		
E. Put child's needs before their own.		
F. Ensure low stress during transitions.		
<b>7. Practical Resources</b>		
A. Parent can provide overnight care.		
B. Manageable commute between parents.		
C. When a parent can't care for child overnight, care by other parent is prioritized.		
D. Supportive relationship between siblings.		