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This includes some, but not all, of the available provisions.
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Customize how you want the top of the document to appear. This can be a legal caption or a statement such as "Jones Family Parenting Plan".

IN THE CIRCUIT COURT OF THE STATE OF OREGON
FOR THE COUNTY OF MULTNOMAH

In the matter of:
BLAKE JONES,
Petitioner,
And
JOHN JONES,
Respondent.

No. 23DR00001
PARENTING PLAN

Choose how you want to refer to parties, such as by first names, Petitioner, Respondent, Mother, Father, etc.

← This can be adjusted for each case.

This parenting plan describes the basic parenting time schedule to be followed by Blake Jones ("Blake") and John Jones ("John") regarding their children, Sam Jones, age 12, and Jane Jones, age 5. This plan is intended to ensure the children optimal development by providing continuity, stability and predictability while ensuring frequent and continued contact with both parents. Because a written plan cannot address every possible situation that might occur, the parents will implement this plan in a spirit of good faith and mutual cooperation. The parents anticipate working together to determine mutually agreeable parenting time exchanges for their regular schedule, holidays and vacations. If they are unable to reach an agreement on parenting time exchanges, the times contained herein shall apply.

1. **Legal Custody of the Children.** The parents are awarded joint legal custody of the children. ← 'Child' vs. 'Children' is always correct
2. **Physical Custody of the Children.** The parents are awarded joint physical custody of the

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1 children.

2 3. **Day-to-Day Decisions.** Each parent will make day-to-day decisions regarding the care
3 and control of the children during their scheduled parenting time. This includes any
4 emergency decisions which may affect a child's health or safety. Each parent shall be
5 supportive of the other's parenting style even if it differs from their own. Each parent will
6 immediately notify the other parent of any emergency circumstances or substantial
7 changes in a child's health or well-being.

8 4. **General Schedule.** The parents will have parenting time using a "week on, week off"
9 schedule. Unless otherwise agreed, the parenting time exchange shall occur Friday at
10 5:00 p.m.

11 5. **Vacations.** The parents will have vacation parenting time according to the following
12 provisions. Vacation parenting time takes priority over the regular parenting time
13 schedule, but subject to holiday parenting time. Vacations may only be scheduled over
14 the other parent's holiday parenting time with the written permission of the other parent.

15 a. **Spring Break.** The parents will continue to use their regular parenting schedule
16 during spring break.

17 b. **Summer Break.** The parents will continue to use their regular parenting schedule
18 during summer break. Summer break begins the day school lets out at 5:00 p.m.
19 for the last child and ends 5:00 p.m. on the Sunday before school resumes. In
20 addition to their regularly scheduled parenting time, each parent shall have 10
21 additional days of summer break parenting time which may be used to schedule
22 vacations or extended visits during the other parent's parenting time. The
23 following provisions shall apply to summer vacation parenting time.

24 i. Blake shall have the right to select summer vacation days first in odd years
25 and John shall have the right to select summer vacation days first in even
26 years. The parent who chooses first will notify the other parent of the days

1 they have selected no later than April 1st. The parent who chooses second
2 will notify the other parent of the days they have selected no later than
3 May 1st. If there is conflict in summer vacation schedules, the parent who
4 had the right to select first in that year shall have priority.

5 ii. A parent will not lose their extra summer vacation days if they do not
6 make their selection on time, but it will result in the other parent having
7 first preference if there is a scheduling conflict. Once selected, changes in
8 the summer vacation schedule shall only happen if both parents agree in
9 writing (email or text is acceptable).

10 iii. Regardless of the above provisions, the children shall not be away from a
11 parent for more than 7 days in a row unless both parents agree.

12 c. **Winter Break.** The parents will continue to use their regular parenting schedule
13 during winter break, subject to holiday parenting time below.

14 6. **Holidays.** The parents will have holiday parenting time according to the following
15 provisions. Holiday parenting time takes priority over the regular parenting time and
16 vacation parenting time.

Include as many or as few
holidays as needed

17 a. **Martin Luther King, Jr. Day.** Martin Luther King, Jr. Day shall be spent with
18 Blake in odd years and John in even years. Martin Luther King, Jr. Day parenting
19 time begins Friday at 5:00 p.m. and ends Monday at 5:00 p.m.

20 b. **President's Day.** President's Day shall be spent with John in odd years and Blake
21 in even years. President's Day parenting time begins Friday at 5:00 p.m. and ends
22 Monday at 5:00 p.m.

23 c. **Mother's Day.** Mother's Day shall be spent with John each year. Mother's Day
24 parenting time begins Friday at 5:00 p.m. and ends Monday morning with a return
25 to school or childcare.

26 d. **Memorial Day.** Memorial Day shall be spent with John in odd years and Blake in

1 even years. Memorial Day parenting time begins Friday at 5:00 p.m. and ends
2 Monday at 5:00 p.m.

3 e. **Labor Day.** Labor Day shall be spent with Blake each year. Labor Day parenting
4 time begins Friday, ends Monday.

5 f. **Thanksgiving.** Thanksgiving shall be spent with Blake in odd years and John in
6 even years. Thanksgiving parenting time begins Thanksgiving morning at 9:00
7 a.m. and ends the following morning at 9:00 a.m.

8 g. **Christmas Eve.** Christmas Eve shall be spent with John in odd years and Blake in
9 even years. Christmas Eve parenting time begins December 24th at 9:00 a.m. and
10 ends December 25th at 9:00 a.m.

11 h. **Christmas Day.** Christmas Day shall be spent with John in odd years and Blake
12 in even years. Christmas Day parenting time begins December 25th at 9:00 a.m.
13 and ends December 26th at 9:00 a.m.

Include as many or as few provisions as
you want to, including custom provisions

14 7. **General Provisions.** The following general provisions shall apply:

15 a. **Pick-up and Drop-off.** Unless otherwise agreed, a parent shall be responsible
16 for picking the children up prior to their parenting time, except that the parent
17 having a dinner visit or other unscheduled visit shall be responsible for all
18 transportation associated with the visit.

Prompts provided
where details may
need to be filled in

19 b. **Fifteen Minute Rule.** Both parents will make every effort to ensure that
20 parenting time exchanges occur at the times specified. Unless otherwise agreed,
21 pick-up and drop-off of the children shall occur no more than 15 minutes before
22 or 15 minutes after the time set for the parenting time exchange.

23 c. **Right of First Care.** If either parent is unavailable to care for the children during
24 their parenting time and intends to leave the children with a third party _____, the
25 unavailable parent shall first contact the other parent and offer them the
26 opportunity for additional parenting time. If applicable: This provision is not

1 intended to apply in situations where the children will be visiting family, or
2 participating in a playdate, friend sleepover, or similar situations.

3 d. **Contact Information.** Unless otherwise ordered by the court, each parent shall
4 provide the other parent with their home address, contact address if different, cell
5 phone and work phone numbers, and a working email address that the parent
6 checks regularly. Each parent shall notify the other parent of any change to any of
7 this information within 48 hours of the change. Unless otherwise ordered by the
8 court, both parents shall be listed as emergency contacts at school, with any
9 childcare provider, and anywhere else it may be relevant.

10 e. **The Children's Appointments.** A parent who schedules a medical, dental or
11 other important appointment for the children shall notify the other parent of the
12 time and location of the appointment. Both parents may (but are not required to)
13 attend all appointments.

14 f. **Extracurricular Activities.** The parents agree it is important for the children to
15 participate in extracurricular activities. Both parents shall make every attempt to
16 maintain the children's participation in these activities and to make sure that they
17 attend all scheduled activities to the extent possible. The parents agree to work
18 together to support the children in extra-curricular activities and will consult one
19 another before scheduling such activities that would impact the other's parenting
20 time. Both parents agree to reasonably accommodate such scheduling, and to
21 transport the children to these activities during that parent's parenting time to the
22 extent it does not conflict with other activities scheduled during that parent's
23 parenting time.

24 g. **Flexibility.** Each parent acknowledges that reasonable adjustments to the
25 parenting plan may be needed from time to time, and that an element of flexibility
26 will be required in administering this parenting schedule. However, both parents

1 are aware that the terms of this parenting plan apply as written if the parents are
2 unable to agree to any such adjustments.

3 h. **Modification.** The parents may temporarily change the terms of this parenting
4 plan however or whenever they mutually agree. However, no modifications to this
5 parenting plan shall be enforceable unless such modifications are in the form of a
6 modified parenting plan signed by the court. If the parents cannot otherwise agree,
7 the terms of this parenting plan shall apply as written.

8 i. **Surnames.** Neither parent shall allow the children to be known by any surname
9 other than Jones. Likewise, neither parent shall encourage or permit the children
10 to call a person other than the parents by parental nicknames, such as "Mom",
11 "Dad", "Mommy", "Daddy", or the like.

12 8. **Health and Well Being.** The following provisions shall apply regarding the children's
13 health and well-being:

14 a. **Medication.** If a child has been prescribed medication that is to be administered
15 during the other parent's parenting time, that medication shall be provided to the
16 other parent along with instructions regarding administering the medication. Each
17 parent shall administer the medication according to the prescription and return
18 any unused medication to the other parent at the next parenting time transition.
19 The parent administering the medication shall also inform the other parent about
20 how and when such medication was administered.

21 b. **Transportation.** Each parent is responsible for providing or arranging
22 appropriate, safe transportation for the children at all times. All persons
23 transporting the children shall be known to the children, have a valid driver's
24 license, have required insurance and registration, and not have consumed drugs or
25 medications known to cause impairment within twelve hours prior to driving the
26 children. A person shall not consume ____ alcoholic beverages within ____ hours

Select from pre-filled options within the document where applicable

1 prior to driving the children. Each parent shall use age-appropriate car seats,
2 booster seats, seat belts or other appropriate safety devices as required by law at
3 all times when the children are being transported.

- 4 c. **Drugs and Alcohol.** Neither parent shall use any non-prescription drug during or
5 twelve hours prior to parenting time. A parent who is prescribed medication shall
6 only use the medication as prescribed during or twelve hours prior to parenting
7 time. Neither parent shall use alcohol to excess during or within ____ hours prior
8 to parenting time. The parents define excessive use of alcohol as follows: _____.

9 9. **Effective Co-Parenting.** The following provisions shall apply and are designed to
10 encourage effective co-parenting:

- 11 a. **Affection and Respect.** Each parent shall make every effort to maintain free
12 access and unhampered contact between the children and the other parent, and to
13 foster affection and respect between the children and the other parent.
- 14 b. **Derogatory Comments.** Each parent, and their extended family and friends, shall
15 be restrained and enjoined from making derogatory comments about the other
16 parent (and their extended family and friends) in the presence of the children, or
17 in any way diminishing the love, respect, and affection that the children have for
18 the other parent. Further, neither parent shall make any such comments about the
19 other parent on any public or semi-public social media page, app, etc.
- 20 c. **Communication Between Parents.** Each parent will communicate directly with
21 each other as much as possible, and will not use the children as a messenger
22 between them.
- 23 d. **Parenting Time Transitions.** Parenting time transitions will not be times for
24 parental communication or problem solving, and will instead be child-focused.

25 10. **Electronics and Media.** The following provisions shall apply regarding the children's
26 access to and use of electronics and media:

- 1 a. **Social Media.** The parents shall work together to determine when it is appropriate
2 for the children to have social media accounts. Neither parent shall create a social
3 media account for the children, or allow the children to do so, without the written
4 consent of the other parent. If applicable:Each parent shall have full access to all
5 of the children's social media accounts, including login information.
- 6 b. **Devices.** The parents shall work together to determine when it is appropriate for
7 the children to have internet-connected devices, including cell phones, laptops,
8 tablets, etc. Neither parent shall purchase a device for the children, or allow the
9 children to do so, without the written consent of the other parent. If
10 applicable:Each parent shall have access to the children's devices, including login
11 information. If applicable:Additionally, each parent shall have access to the
12 children's email account(s), including login information.
- 13 c. **Gaming and/or Screen Time.** Both parents agree that some amount of gaming
14 and/or screen time is appropriate for the children, but that it should be limited to
15 no more than ____ per day. This timeframe can be increased or decreased by
16 mutual agreement of both parents. Each parent will make sure that gaming and/or
17 screen time does not negatively impact the children's completion of homework,
18 getting a good night's sleep or other commitments or obligations the children may
19 have. This provision does not restrict a parent's ability to further limit gaming or
20 screen time in their own home for disciplinary reasons.

21 Populates with your state's statutes (if relevant)

22 Pursuant to ORS 107.154, each parent shall have the continuing right:

- 23 • To inspect and receive school records and to consult with school staff
24 concerning the children's welfare and education to the same extent as the other
25 parent;
- 26 • To inspect and receive governmental agency and law enforcement records
concerning the children to the same extent as the other parent;
- To consult with any person who may provide care or treatment for the children
and to inspect and receive the children's medical, dental and psychological

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records to the same extent as the other parent;

- To authorize emergency medical, dental, psychological, psychiatric, or other health care for the children if the custodial parent is, for all practical purposes, unavailable; and
- To apply to be the children's guardian ad litem, conservator, or both.

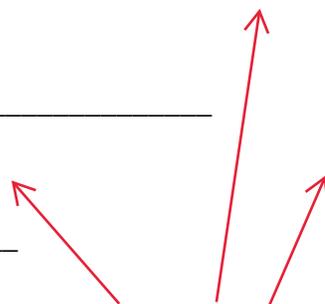
Pursuant to ORS 107.159, neither parent shall move to a residence more than 60 miles further distant from the other parent without giving the other parent reasonable notice of the change of residence and providing a copy of such notice to the court.

Signing this agreement means you are making a commitment to follow it. However, you should be aware that this parenting plan is not legally enforceable until it is submitted to the court with the proper documentation and approved (signed) by a judge.

If you are represented by an attorney, your attorney should review this agreement before you sign it. If you are not represented by an attorney, you may wish to review this agreement with an attorney before you sign it.

Blake Jones
Petitioner
Date: _____

John Jones
Respondent
Date: _____



Customize how and whether you want party signatures to appear, as well as how and whether you want attorney signatures to appear