

Getting Ready to Parent in a New Way

Co-Parenting
Worksheets

Co-parenting well requires planning

When you were with your ex, you may have made a fair amount of parenting decisions on the spot. Now that you're co-parenting, you'll need more foresight.

It may help to think of your co-parent as a colleague; you're working toward the shared goal of raising a well-rounded child. How will you cooperate for your child's sake?

Some practical tips:

- Keep conversations focused on parenting.
- Never badmouth the other parent in front of your child.
- Don't use your child as a messenger.
- Turn to a mediator or parenting coordinator if you need help.

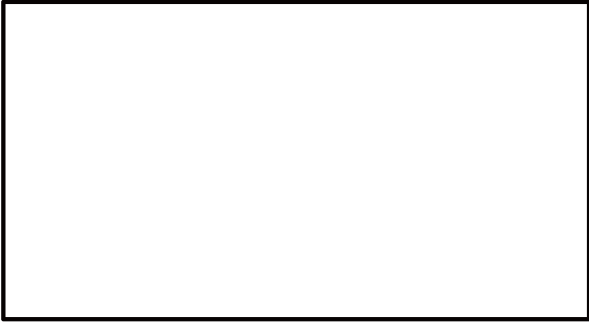


You may want to try Custody X Change to message your co-parent, track expenses and more. For many parents, it helps bring order to their new situation.

You've already learned so much since becoming a parent. Stay open to learning more as you adjust to parenting in two households.

Goal-setting

MY PARENTING STRENGTHS



MY CO-PARENT'S



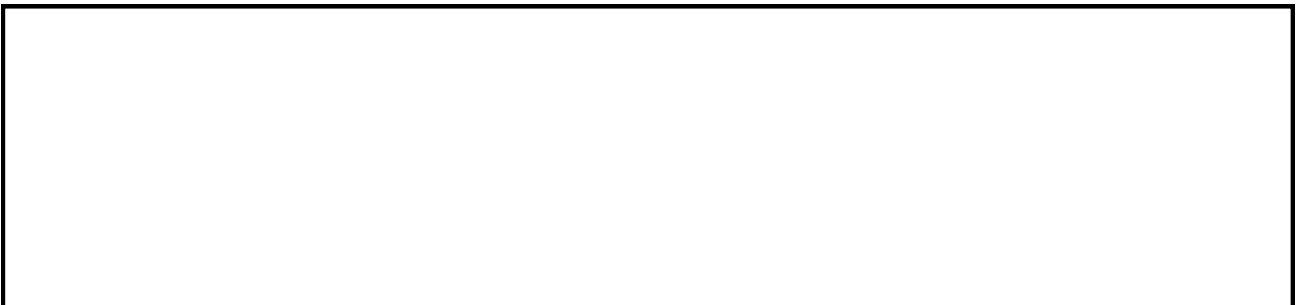
**WHAT I WANT TO CHANGE
ABOUT OUR PARENTING**



**WHAT I WANT TO
CONTINUE**



**HOW I WANT OUR CO-PARENTING
RELATIONSHIP TO BE IN 5 YEARS**



Goal-setting

WHAT OUR CHILDREN NEED FROM US

(Be specific, and think about each child.)

OUR MOST LIKELY AREAS OF DISAGREEMENT

HOW WE CAN PREVENT THESE DISAGREEMENTS

POINTS OF DISCUSSION TO BRING UP WITH MY CO-PARENT

Schedule ideas

You and your co-parent can pick any schedule that suits you and your child. To make it official, you'll need a court's approval.

Here are popular schedules to give you ideas. Adjust them however you need: move exchange days, add a short visit during a long time apart, etc.

2-2-5-5

Your child spends half the work week with each parent and alternates who they spend weekends with.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14

2-2-3

Like the 2-2-5-5, but parents alternate which weekdays they get.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14

Schedule ideas

EVERY OTHER WEEK

Your child spends a week with one parent, then a week with the other.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 3:00 PM	7
8	9	10	11	12	13 3:00 PM	14

EVERY WEEKEND

Your child spends weekdays with one parent and weekends with the other.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 AM	3	4	5	6 3:00 PM	7

EVERY OTHER WEEKEND

Your child lives mostly with one parent and stays with the other parent every other weekend.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 3:00 PM	7
8	9 9:00 AM	10	11	12	13	14

Your schedule

Fill in the boxes with your top schedules. To do this digitally with quick templates, visit custodyxchange.com.

OPTION 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14

OPTION 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14

MAKE YOUR SCHEDULE WITH CUSTODY X CHANGE TO:

- Get reminders
- Share with family
- Calculate parenting time
- Add activities and appointments



Your plan

A parenting plan is an essential part of co-parenting that lays out how parents will raise their child. Once a court approves your plan, it's legally enforceable.

The more conflict in your relationship, the more detail your plan will need. Consider including the following topics. You can jot down your ideas in each section.

LEGAL CUSTODY

Will you make major decisions together or put one parent in charge? Do you want one parent to decide certain issues? Will you go to mediation when you can't agree on a shared decision?

Notes: _____

PHYSICAL CUSTODY

How will you split holidays? When can each parent take the child on vacation?

Notes: _____

MOVING

Will you place limits on where parents can move? How much notice must parents give?

Notes: _____

Your plan

EXCHANGES

Where will exchanges happen? Will the parents interact? In long-distance situations, will the child travel by plane alone?

Notes: _____

CHANGES TO PARENTING TIME

What happens when a parent is late or misses a visit? Will you allow makeup time?

Notes: _____

HEALTH

What happens to the schedule when a child is sick? How soon do parents need to tell each other when the kids have health issues?

Notes: _____

COMMUNICATION

How and when can parents contact each other? How can they stay in touch with the child during the other parent's time?

Notes: _____

Your plan

EXPENSES

How will you split costs not covered by child support (tuition, extraordinary medical expenses, etc.)? What payment methods will you use? What happens when payments are late?

Notes: _____

TRAVEL

How far can parents take the child? Do they need to give advance notice?

Notes: _____

FUTURE REVISIONS

Will you schedule check-ins to see how well the plan is working? Will your plan change as your child ages?

Notes: _____

MAKE YOUR PARENTING PLAN IN CUSTODY X CHANGE TO:

- Choose from 140+ provisions
- Put your schedule in legal terms
- Get court-ready formatting
- Give your legal pros free access



You've got this

By taking time to prepare, you've started your family on the path to successful co-parenting.

As you continue, check in occasionally with yourself, your co-parent and your kids about how things are going. Stepping back briefly to contemplate can pay off big.

WHAT TO DO NEXT

1. Start using a co-parenting app

Get organized so you start off on the right foot. You can use Custody X Change even if your co-parent won't participate.

2. Make a parenting plan proposal

This provides a starting place for negotiations. It's helpful to process options on your own before sitting down with your co-parent.

3. Find a compromise with your co-parent

You can do this one-on-one or use mediation. Avoid court so you save money and limit conflict. It's usually much better for the kids.



Custody X Change

Calendars

Plan weeks or even years ahead.
Document schedule changes.

Parenting plans

Make a convincing proposal. Save thousands by doing it yourself.

Messaging

Keep your ex out of your texts and emails. Print with timestamps and read receipts.

Time calculators

Get accurate numbers for child support. Prove a parent isn't following the schedule.

Child-info storage

Stay organized when there's a lot to remember. Consult info quickly from anywhere.

Expense tracking

Keep a clear record so you get repaid. Upload receipts.

And much more

Sara owes you \$38.00

+ New expense + New payment Reports

Filters

3/12	Doctor co-pay	Medical	30% of \$35.00	\$10.50
3/9	Tutoring	School	50% of \$	

< Sleepover Shared decision-making

3/6 3:40 PM Susan

Hi: David wants to go to his first sleepover this Friday night. What do you think?

✓ Read 3/6 3:40 PM

Message Susan

✓ Hostility monitor active

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