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Parenting Plan Form

Please complete this form for each child. Every child in a family will have different needs, even if they are twins and if possible their opinions, thoughts and feelings should be taken into account.

A Parenting Plan is not set in stone. Lives change, children grow up and mature and parents might find new partners who may have children themselves. Nobody knows what the future holds but insofar as you can project forward please take this into account. Your plan, with discussion and good communication can be adjusted to reflect the changes in your and your children's lives. Once you have completed this form please send it to us, keeping a copy for yourself. You may decide to share your forms with each other prior to our meeting, so that we all have the information before we commence the session.

If a question is not relevant to you, please just go on to the next one. Following the completion of this form and our meeting we will send a final version to you both for signing. We recommend that you also, if relevant, discuss the content with your legal advisor.

1) THE CHILD

The child's full name:

.....

Sex:

.....

What do they like to be called?

.....

Date of birth:

.....

Who is important in the child's life apart from their parents?

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2) LIVING ARRANGEMENTS

What is the address where the child lives most of the time?

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Who do they live with at this address?.....

What arrangements do you have for how much time they spend with parents?

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Do you want to change this?.....

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.....

How do the children travel between the two homes? Are there any cost implications? Who meets the costs?

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If, for any reason, a visit has to be postponed what do you do?

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How do children contact the parent with whom they are not living or staying? If the children have a mobile phone, who is responsible for these bills?

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Do you have agreed rules for wherever the children are staying? These may include: bed time, watching TV/DVD/Play Station, doing homework, practicing an instrument, smoking, sleep-overs and punctuality.

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Who takes responsibility and looks after the children if the parent with whom they are staying is not there?

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3) STAYING CONTACT (Overnight, week-end stays)

Can the children contact other family members, the other parent and friends when they are with you? If no, why.?

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Are there any people who you currently do not allow your children to contact? Is this agreed by both parents?

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What arrangements currently do you have in place for any of the following?
Mother's/Father's day, birthdays, religious and cultural festivals and events,
family parties, sleep overs. Please add more if they are relevant to you. Are there
changes you would like to make in regard to these?

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4) RELIGIOUS AND CULTURAL UPBRINGING

Are your children raised with specific religious and cultural responsibilities?
Who ensures that these are adhered to?

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Do your children have other significant people involved with their religious or
cultural upbringing? Who are they?

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Do your children speak more than one language and how is this supported within
the family?

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Are there any religious or cultural ceremonies which your children will need
additional lessons for?

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5) SCHOOL

Who will inform the school/nursery about the changes in your children's lives?

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How will each parent ensure that they keep in touch with the school/ nursery?

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How will both parents take responsibility that they receive school reports/
newsletters and attend school events?

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How will you discuss changes in education?

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How will you make choices about the education which your child receives?

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How will you discuss any of the following: School trips and outings, additional
classes outside of school time, guides/scouts, GCSE/A levels choices, school
uniform?

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How will you take responsibility for maintaining any activities or classes which
your child is involved in when they are with you?

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6) HOLIDAYS

How do you or will you divide the time that children spend with you during the holidays? Is there any conflict about this?

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Can you both take them out of the UK?

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Can the children go on holiday with other people and you? Please state if there are people that you do not wish the children to be away with.

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7) HEALTH

Who currently takes responsibility for general health issues including making appointments; these would include: opticians, dentist, on-going hospital appointments (please add others if they are relevant to your child)

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How will you share the information from appointments and consultations?

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If you are ill or in hospital what arrangements will you make for your children?

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8) OTHER CONSIDERATIONS (please add more if they are relevant to your situation)

a) Are there any family pets? Where do they live and who is responsible for them and any vet's fees?

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b) Who will take responsibility and pay for your child's driving lessons/ extra tuition/classes?

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c) Do your children have any paid work e.g. paper rounds, Saturday jobs?

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d) What future changes are you aware of which will need to be accommodated?

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e) If/when you start a new relationship how will you tell your ex-partner and children?

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f) If you are going to move house, move out of the area in which you live or work abroad how will you negotiate contact?

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g) How will you arrange and discuss changes to a parenting plan?

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h) Do your children receive an allowance/pocket money from you or any member of your extended family? How is the amount arrived at?

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Parenting Plan Agreed by:

Name.....Signature.....

Name.....Signature.....

Date.....

When you have completed the agreed parenting plan it would be helpful if you both signed it. Any other person who may be in a step-parenting role can also sign with both parties agreement.

Please note, parenting plans are not enforceable but they do show that you can work together collaboratively and will be of benefit to your children. Older children can, if you wish, have a copy of this plan. You may also choose to include extended family members.

Please add any other issues that are not mentioned in this form so that we can support you in decision making and communication skills.

Thank you,

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