

Parallel Parenting Plan

A fillable, court-friendly plan for high-conflict co-parenting

PARENTINGCHILDREN.COM

This template helps you set clear rules, schedules, and boundaries so you can reduce conflict and protect your child. Fill it in, then bring it to your mediator, attorney, or court. This is an educational template, not legal advice.

1. The Parties & Children

Parent A:

Parent A address:

Parent B:

Parent B address:

Child(ren) & DOB:

Court / Case No.

Order date:

2. Parenting Schedule

Regular schedule (check one):

Week on / week off

2-2-3 rotation

Alternating weekends

Other:

Weekday exchange day & time:

Weekend exchange day & time:

Holiday rotation summary:

School break / summer plan:

3. Exchange Logistics

Exchange location:

Exchange method (check all that apply):

Neutral public place

School / daycare handoff

Curbside, no contact

Supervised exchange service

Right of first refusal after: _____ hours absent

Late / missed exchange rule:

4. Decision-Making Authority

Assign who decides each area. Major decisions may require written agreement.

Area	Parent A	Parent B	Joint
Education / school			
Medical & dental			
Mental health care			
Religion			
Extracurriculars			
Travel & passports			

5. Communication Rules

Keep all messages Brief, Informative, Friendly, and Firm (the BIFF method).

Approved app / channel:

Non-emergency response time:

What counts as an emergency:

Adopt these standard clauses:

Non-disparagement: neither parent speaks negatively about the other within the child's hearing.

No messengers: parents communicate directly, never through the child.

New partners introduced only after a relationship is established (define below).

All communication stays child-focused and logistical.

New-partner introduction rule:

6. Dispute Resolution

If we cannot agree, we will use (check one):

Mediation

Parenting coordinator

Arbitration

Court

Plan review date:

Signatures

Parent A

Date

Parent B

Date

This template is provided by ParentingChildren.com for educational purposes and is not legal advice. Custody laws vary by state. Have a qualified family law attorney review any plan before filing.