

WORKSHEET 5



Parenting Plan Worksheet

This Parenting Plan Worksheet can help you and the other parent spell out the details of how you are going to parent. The **Sample Parenting Plan Issues** and **Sample Parenting Plan** on pages 60 and 61 give you an idea of what parents typically think about and put in a Parenting Plan.

If you and the other parent develop a Parenting Plan, each of you should keep a copy.

1. Parenting goals

- a. _____

- b. _____

- c. _____

2. Communication ground rules

- a. _____

- b. _____

- c. _____

- d. _____

- e. _____
