

CHILDREN AGE SIX TO TWELVE YEARS OLD

Their age	Their "jobs"	Their needs	Signs of distress: (especially if it goes on for a long time)
6-8 years	<ul style="list-style-type: none"> • To increase understanding of the difference between fantasy and reality • To deepen attachments with other people (parents, teachers, etc.) • To notice gender differences • To believe in fairness 	<ul style="list-style-type: none"> • To be reminded that the divorce-separation is not their fault • Structured and consistent time with each parent if appropriate • Parental support at school and sport activities • Support for exploring and expanding interests and relationships 	<ul style="list-style-type: none"> • Physical complaints (e.g., stomach aches, headaches, etc.) • Sleep problems • Expression of anger and behavior problems with parent most connected to • Bed wetting, baby talk
9-12 years	<ul style="list-style-type: none"> • To feel good about relationships and their physical development • To develop and test values and beliefs • To be connected to their school and community 	<ul style="list-style-type: none"> • Consistency and predictability in schedules and routines • Parent support in school and sports activities • Encouragement and permission to love both parents • Reminders that the divorce-separation is not their fault • More open communication with their parents 	<ul style="list-style-type: none"> • Loss of interest in friends and other relationships • Isolate themselves • Become "too good" • Depression and extreme rebellion

SAMPLE PARENTING SCHEDULES

The information and graphs below are samples of parenting time schedules based on children's ages and different parenting styles. They are provided as a tool to give you ideas in order to help you create your own personalized schedule. Parenting time should be scheduled based on the needs of each individual family. You may fill out your own parenting schedule using the blank calendar below.

Plan A Samples: These plans are best suited where one parent has not been the child's primary caregiver and/or wants regular contact but is not able to provide extensive care-giving due to an inflexible work schedule or other circumstance.

Plan B Samples: These are best suited for parents who have been involved in the day-to-day care of the child and who want greater contact than is afforded in Level A plans.

Plan C Samples: These are best suited for parents who have been involved to a significant extent in the day-to-day care of the child and desire maximum contact.

Plan A: A one or two-night weekend on alternate weeks, plus one evening every week. Can also omit the evening or make it an overnight. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	A	A	B	B
			B		B		A
			A				
#2	A	A	A	A	A	A	A
			B				
			A				

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children's care:

[X] At all times not specified below.

B. Parent B shall be responsible for the children's care on the following days and times:

WEEKENDS: [] every [X] every other [] other (specify) _____
 from Friday at 5:00 p.m. to Sunday at 6:00 p.m.

WEEKDAYS: Specify days every Wednesday evening
 from 5:00 p.m. to 8:00 p.m.

Plan B: Four overnights in a row in week #1 and one overnight in week #2.
 For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	B	B	B	B
			B				A
#2	A	A	A	A	A	A	A
			B				

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

At all times not specified below.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: every every other other (specify) _____
 from Wednesday at 5:00 p.m. to Sunday at 8:00 a.m.

WEEKDAYS: Specify days every other Wednesday overnight
 from 5:00 p.m. to Thursday at 8:00 a.m.

Plan C (1st Option): Parents split each week and the weekend. Allows each parent to be involved in child’s school. Provides a consistent routine. Child is apart from each parent only three days. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	B	B	B	A
			B				
#2	A	A	A	B	B	B	A
			B				

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

At all times not specified below.
 On the following days and times:

WEEKENDS: every every other other (specify) _____

WEEKDAYS: Specify days _____

OTHER: (specify) every week, from Sunday at 8:00 a.m. to Wednesday at 3:00 p.m.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: every every other other (specify) _____

WEEKDAYS: Specify days _____

OTHER: (specify) every week, from Wednesday at 3:00 p.m. to Sunday at 8:00 a.m.

Plan C (2nd Option): Parents have the same two consecutive weekdays every week. Alternate weekends. Provides each parent with whole weekends with and without the child. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	B	B	B	B	B
#2	A	A	B	B	A	A	A

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

- At all times not specified below.
- On the following days and times:

WEEKENDS: every every other other (specify) _____
 from Friday at 3:00 p.m. to Monday at 8:00 a.m.

WEEKDAYS: Specify days every week, from Monday at 8:00 a.m. to Wednesday 8:00 a.m.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: every every other other (specify) _____
 from Friday at 3:00 p.m. to Monday at 8:00 a.m.

WEEKDAYS: Specify days every week, from Wednesday at 8:00 a.m. to Friday at 3:00 p.m.

OTHER: (specify)

Plan C (3rd Option): Parents alternate seven-day periods. Requires good communication between parents and a great deal of cooperation about the child’s activities. The seven-day period can start on any day. Mid-week evening or overnight with the other parent can be added. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	A	B	B	B
#2	B	B	B	B	A	A	A

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children's care:

At all times not specified below.

On the following days and times:

WEEKENDS: every every other other (specify)_____

WEEKDAYS: Specify days _____

OTHER: (specify) alternating weeks, from Friday at 3:00 p.m. to the following Friday at 3:00 p.m.

B. Parent B shall be responsible for the children's care on the following days and times:

WEEKENDS: every every other other (specify)_____

WEEKDAYS: Specify days _____

OTHER: (specify) alternating weeks, from Friday at 3:00 p.m. to the following Friday at 3:00 p.m.