

# CHILDREN BIRTH TO 36 MONTHS

Their age	Their “jobs”	Their needs	Signs of distress: (especially if it goes on for a long time)
Birth – 12 months	<ul style="list-style-type: none"> <li>To develop trust</li> <li>To attach to one or more healthy adult (parent, extended family, caregiver)</li> </ul>	<ul style="list-style-type: none"> <li>Predictability, consistency, and routine</li> <li>Stable and secure relationships</li> <li>A healthy attachment to at least one adult</li> </ul>	<ul style="list-style-type: none"> <li>Excessive crying</li> <li>Feeding or sleeping problems</li> <li>Withdrawal</li> <li>Irritable and depressed</li> </ul>
1 – 3 years	<ul style="list-style-type: none"> <li>To explore the world</li> <li>To develop language</li> <li>To develop control (this is when they say a lot of no’s)</li> </ul>	<ul style="list-style-type: none"> <li>Understanding that they can’t remember people who they don’t see very often</li> <li>To know a loving adult is always available</li> <li>Predictability, routine, and structure</li> <li>Security, love, and flexibility</li> </ul>	<ul style="list-style-type: none"> <li>Withdrawal</li> <li>Crying, clinging that lasts more than twenty minutes after a separation</li> <li>Changes in eating and toileting</li> <li>Delay in development</li> </ul>

## 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 in the Guide.

**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.

## BIRTH TO 12 MONTHS

**Plan A (1<sup>st</sup> Option):** Three periods of 3 to 6 hours spaced throughout each week. Frequent contact helps the child bond. (Below is one example of how this can be arranged and written onto your form)

### 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:

OTHER: (specify) every Tuesday and Thursday from 4:00p.m. to 7:00 p.m. and every Saturday from 10:00 a.m. to 2:00 p.m.

**Plan A (2<sup>nd</sup> Option):** Two 6-hour periods spaced throughout each week. Use when schedules or conflict makes more frequent exchanges difficult. Bonding may be slowed. (Below is one example of how this can be arranged and written onto your form)

### 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:

OTHER: (specify) every Sunday from 10:00 a.m. to 4:00 p.m. and Thursday from 12:00p.m. to 6:00 p.m.

**Plan B:** Two periods of three to four hours and one 8-hour period spaced throughout each week. (Below is one example of how this can be arranged and written onto your form)

### 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:

OTHER: (specify) every Monday and Wednesday from 3:00 p.m. to 6:00 p.m. and every Saturday from 12:00p.m. to 6:00 p.m.

**Plan C:** Two periods of 3 to 6 hours and one overnight each week. (Below is one example of how this can be arranged and written onto your form)

#### 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:

OTHER: (specify) every Monday and Wednesday from 4:00 p.m. to 7:00 p.m. and every Friday overnight from 4:00 p.m. to 9:00 a.m. on Saturday.

## 12 TO 24 MONTHS

**Plan A (1<sup>st</sup> Option):** See BIRTH TO 12 MONTHS, above.

**Plan A (2<sup>nd</sup> Option):** See BIRTH TO 12 MONTHS, above.

**Plan B:** See BIRTH TO 12 MONTHS, above.

**Plan C:** One daytime period of 3 to 6 hours and two non-consecutive overnights each week. (Below is one example of how this can be arranged and written onto your form)

#### 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:

OTHER: (specify) every Monday overnight from 4:00 p.m. to 9:00 a.m. on Tuesday, every Wednesday from 4:00 p.m. to 7:00 p.m. and every Friday overnight from 4:00 p.m. to 9:00 a.m. on Saturday.

## 24 TO 36 MONTHS

**Plan A (1<sup>st</sup> Option):** See Plan B of BIRTH TO 12 MONTHS, above.

**Plan A (2<sup>nd</sup> Option):** See Plan C of BIRTH TO 12 MONTHS, above.

**Plan B:** See Plan C of 12 TO 24 MONTHS, above. Ideally, child should not be separated from either parent for more than 4 days.

**Plan C:** One daytime period of 3 to 6 hours and two non-consecutive overnights each week. Ideally, child should not be separated from either parent for more than 4 days. (Below is one example of how this can be arranged and written onto your form)

### 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:

OTHER: (specify) every Tuesday from 4:00 p.m. to 7:00 p.m., every Thursday from 4:00 p.m. to Friday at 9:00 a.m. and every Saturday from 9:00 a.m. to Sunday at 9:00 a.m.