

# How to Create a Parenting Plan to Last a Lifetime

**PARENTING PLAN SAMPLE**  
**Workbook**  
**(Mediation Version)**

based on  
**The Collaborative Professional's Guide To Developing A PARENTING PLAN**  
by  
**COLLABORATIVE LAW INSTITUTE OF TEXAS, INC.**  
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**Parents**

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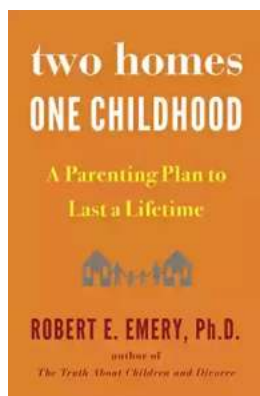
**Children**

<b>Name</b>	<b>Date of Birth</b>	<b>Age</b>	<b>Grade</b>

Hello parents! If you're looking to create a parenting plan that will stand the test of time and ensure the well-being of your child, you're in the right place. In this article, we will guide you through the essential steps necessary to formulate a parenting plan that will benefit both you and your child for a lifetime.

## Why is a Parenting Plan Important?

Divorce or separation can be challenging for both parents and children. However, having a well-thought-out parenting plan in place can significantly reduce confusion, conflict, and stress. A parenting plan serves as a roadmap for co-parenting, outlining the roles and responsibilities of each parent and ensuring the child's best interests are prioritized.



### Two Homes, One Childhood: A Parenting Plan to Last a Lifetime by Robert E. Emery (Kindle Edition)

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1810 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 336 pages



## The Key Elements of a Successful Parenting Plan

- 1. Child-Centered Approach:** A successful parenting plan should prioritize the child's well-being above all else. Both parents should work together to create an environment that promotes the child's emotional, physical, and psychological development.
- 2. Consistency:** Establish consistent rules, routines, and expectations to provide stability for your child. This includes agreeing on discipline methods, bedtime routines, and academic support.

3. **Flexibility:** While consistency is essential, it's also important to remain flexible and adaptable. Life circumstances may change, and adjustments to the parenting plan may be necessary. Being open to communication and compromise ensures that the plan remains relevant.

4. **Clear Communication:** Effective communication is key to successful co-parenting. Both parents should openly discuss important matters related to the child's well-being, including education, health, and extracurricular activities.

5. **Parenting Time:** Allocating parenting time fairly and considering the child's age, needs, and preferences is crucial. Make sure to create a detailed schedule that allows both parents quality time with the child.

6. **Conflict Resolution:** Disagreements are inevitable, but handling them in a mature and respectful manner is essential. Establish a process for resolving conflicts outside of the courtroom, such as through mediation or therapy.

## **Working Together with Your Co-Parent**

While cooperation and compromise may be challenging in the midst of a divorce or separation, it is paramount to create a positive co-parenting relationship. Here are some guidelines to consider:

1. **Focus on the child:** Remember that the ultimate goal is to provide the best possible upbringing for your child. Set aside personal differences and keep your child's well-being at the forefront of your decision-making.

2. **Establish a regular communication method:** Find a communication method that works for both parents, whether it's email, text messaging, or designated face-to-face meetings. Consistent communication helps ensure transparency and accountability.

3. **Be respectful and understanding:** Treat your co-parent with respect and empathy, even if you disagree on certain matters. Show understanding and willingness to compromise for the sake of your child.

### **Review and Adapt the Plan as Needed**

A parenting plan is not set in stone. As your child grows and circumstances change, it is important to review and adapt the plan accordingly. Regularly revisit the plan together with your co-parent and make adjustments as needed. Stay open-minded and prioritize your child's best interests above all else.



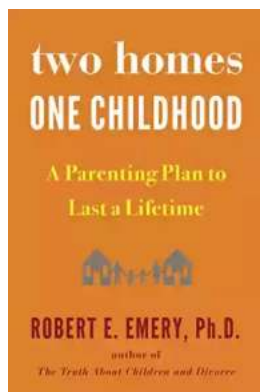
### **The Benefits of a Lasting Parenting Plan**

By creating a parenting plan that lasts a lifetime, you establish a foundation of stability and consistency for your child. This not only helps them navigate the

challenges of divorce or separation but also promotes healthy development and emotional well-being.

A lasting parenting plan also benefits you as parents. It reduces conflict, minimizes stress, and allows you to focus on providing love, care, and support to your child. By working together, you can create a harmonious co-parenting relationship that positively contributes to your child's overall happiness and success.

Creating a parenting plan to last a lifetime is not an easy task, but it is well worth the effort. By prioritizing your child's needs, maintaining clear communication, and working together with your co-parent, you can establish a solid foundation for successful co-parenting. Remember to review and adapt the plan as necessary, and keep your child's best interests at the forefront of all decisions. With a lasting parenting plan in place, you can provide your child with the support and stability they need to thrive.



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A paradigm-shifting model of parenting children in two homes from an internationally recognized expert.

A researcher, therapist, and mediator, Robert Emery, Ph.D., details a new approach to sharing custody with children in two homes. Huge numbers of children are affected by separation, divorce, cohabitation breakups, and childbearing outside of marriage. These children have two homes. But their parents have only one chance to protect their childhood. Building on his 2004 book *The Truth About Children and Divorce* and a strong evidence base, including his own research, Emery explains that a parenting plan that lasts a lifetime is one that grows and changes along with children's—and families'—developing needs. Parents can and should work together to renegotiate schedules to best meet the changing needs of children from infancy through young adult life. Divided into chapters that address the specific needs of children as they grow up, Emery:

- Introduces his Hierarchy of Children's Needs in Divorce
- Provides specific advice for successful parenting, starting with infancy and reaching into emerging adulthood
  - Advocates for joint custody but notes that children do not count minutes and neither should parents
  - Highlights that there is only one “side” for parents to take in divorce: the children's side

Himself the father of five children, one from his first marriage, Emery brings a rare combination of personal and professional insight and guidance for every parent raising a child in two homes.



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