

Parents can agree to any parenting time schedule that works for them and for their children. However, below are some examples of common parenting time plans.

Every Other Weekend

This plan gives one parent every other weekend with the children, plus one evening “dinner visit” a week. This plan works well when a parent has a challenging work schedule or travels often .

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Sun	Mon	Tues	Wed	Thurs	Fri	Sat

Week-On, Week-Off

The Parents alternate weeks with the children. This schedule is often used with older children and when both parents live in close proximity to each other and the children’s schools.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Sun	Mon	Tues	Wed	Thurs	Fri	Sat

3-4, 4-3

The parents alternate between 3 or 4 days a week with one transition day always the same and one that alternates between two days. This can be a good plan for younger or older children, especially if both parents live close to the children’s schools and each other.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Sun	Mon	Tues	Wed	Thurs	Fri	Sat

5-2, 2-5

This plan works like this: 5 nights with Parent A, then 2 nights with the other Parent B, 2 nights with Parent A, and then 5 nights with Parent B. Although there are frequent exchanges that might become overly-burdensome to parents and children alike, this plan helps ensure that the

children do not go too long without seeing either parent. This plan works well with younger children.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Sun	Mon	Tues	Wed	Thurs	Fri	Sat