



the
mediators

The Out of Court Dispute Resolution
and Family Support Specialists



Parenting Plan

Recognising the rights of parents and children to have ongoing
close relationships even when they live apart



The following document provides some points to help you in putting together a comprehensive parenting plan. Write down your own goals, preferences, etc.; don't worry about what your ex partner may want, just write down what *you* would like to see happen.



1. Guiding Values

This may include religion, faith, treatment of people, property, animals, land, education, goals in life etc.

Values that are important to me in bringing up my children are:

2. Communication

This might include how you will communicate with each other regarding important issues to do with the children, including emergencies in health or day to day information i.e. via regular face to face meetings, phone, email, a third party etc. It also includes how you will communicate with your children when they are not in your direct care.

3. Representation

How the other parent talks about you, how you will talk about the other parent to your child or children.

I would like my ex partner to speak about me to the children in the following way:

I will speak to my children about my ex partner in the following way:

4. Grandparents

How will the children have contact with their grandparents and how often?

5. Family, friends, acquaintances

This would include your preferences on contact with other important people in your children's life, sleepovers with friends, people that you feel could be a threat to them, etc.

6. Other partners existing or future

This would include your preferences for treatment of your children by your ex partners spouse or boy/girlfriend, e.g. names they should be called by the children, your preferences for contact with new partners, etc.

7. Death

This would include what happens if either one or both of you die and what arrangements you would like to see in place for your children's welfare.

8. Emergencies

This might include what should happen if either of you go to hospital, are sick, have to go overseas, lose work, have unexpected large bills, are incarcerated, are disabled, etc. that would interfere with your capacity to look after the children.

9. Resolving disagreements

This would include how you will resolve any future disagreements with your ex partner for any unforeseen issues not included in the parenting plan. How would you like to resolve this quickly – what method will you use.

10. School Issues

This would include how you will share the children's school reports, choice of schools, homework support, equipment, uniforms, activities permissions, bullying, special needs support of the children with specialists etc.

11. Sports and other activities for the children

This would include any arrangements that would need to occur for access to sport, payment for sport, accompanying children to sport etc.

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12. Living Arrangements

This would include where the children stay and when, who picks the children up and how - and how often you might review these arrangements.

General ideas

Whose place when and for how long?

Who picks up and from where?

What equipment is needed for the children at a change over?

Special occasions?

Proposed month timetable below

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before 8.30 am							
During the day							
After 3.00/5.00 pm							
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before 8.30 am							
During the day							
After 3.00/5.00 pm							
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before 8.30 am							
During the day							
After 3.00/5.00 pm							
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before 8.30 am							
During the day							
After 3.00/5.00 pm							



13. Birthdays, Christmas, Holidays etc.

Shade in any special dates on the calendar below you would like your children to spend with either yourself or your ex partner.

Me My ex partner

Date	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1												
2												
3												
4												
5												
6												
7												
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14. Car travel for children under 8

Describe your preferences for car constraints for children and who you would agree can drive a vehicle with your children as passengers.

15. Swimming

Describe your preferences for protection, sun care, supervision, swimming aids etc.

16. Clothing for the children

Who pays for the clothing, where does it stay, who washes it, and what happens if items don't return to its home base.

17. Food for the children

Your preferences for the types of food the children should eat and why.

Usual diet

Special occasions

18. Sleeping arrangements

What sleeping and room arrangements will you have for the children, and what would you prefer when they are staying with your ex partner (if applicable).

19. Finances for supporting the children

This would include what your preferences are for who pays for what. The following list is provided to help you think about the myriad of costs in bringing up children.

Bedroom Furniture –

School Uniforms –

School books and stationery –

School excursions –

School sports –

School shoes –

School lunches –

School fees –

After school care fees –

Vacation care fees –

Extracurricular activities –

Doctors –

Chemist bills –

Optometrist –

Dental –

Insurances –

Movies –

DVDs –

Computers and equip. –

Mobile phone and bills –

Outings –

Parties –

Toiletries –

Transport/bus, train etc. –

Birthday and other presents –

Pocket money –

Other costs:

What happens if your financial situation changes and you can't afford to continue with payment of certain things for the children?

20. Important Information

This would include emergency phone numbers, medical records for each child.

Important phone contact numbers:

Child 1

Medicare Number: _____

Health fund number: _____

Medical Records – originals where?

List the dates or details for
Vaccinations

_____	_____
_____	_____
_____	_____
_____	_____

Tetanus booster: _____

Operations

_____	_____
_____	_____
_____	_____
_____	_____

Significant past illnesses

_____	_____
_____	_____
_____	_____
_____	_____

Allergies

_____	_____
_____	_____
_____	_____
_____	_____

Child 2

Medicare Number: _____

Health fund number: _____

Medical Records – originals where?

List the dates or details for
Vaccinations

_____	_____
_____	_____
_____	_____
_____	_____

Tetanus booster: _____

Operations

_____	_____
_____	_____
_____	_____
_____	_____

Significant past illnesses

_____	_____
_____	_____
_____	_____
_____	_____

Allergies

_____	_____
_____	_____
_____	_____
_____	_____

Child 3

Medicare Number: _____

Health fund number: _____

Medical Records – originals where?

List the dates or details for
Vaccinations

_____	_____
_____	_____
_____	_____
_____	_____

Tetanus booster: _____

Operations

_____	_____
_____	_____
_____	_____
_____	_____

Significant past illnesses

_____	_____
_____	_____
_____	_____
_____	_____

Allergies

_____	_____
_____	_____
_____	_____
_____	_____

Child 4

Medicare Number: _____

Health fund number: _____

Medical Records – originals where?

List the dates or details for
Vaccinations

_____	_____
_____	_____
_____	_____
_____	_____

Tetanus booster: _____

Operations

_____	_____
_____	_____
_____	_____
_____	_____

Significant past illnesses

_____	_____
_____	_____
_____	_____
_____	_____

Allergies

_____	_____
_____	_____
_____	_____
_____	_____

Child 5

Medicare Number: _____

Health fund number: _____

Medical Records – originals where?

List the dates or details for
Vaccinations

_____	_____
_____	_____
_____	_____
_____	_____

Tetanus booster: _____

Operations

_____	_____
_____	_____
_____	_____
_____	_____

Significant past illnesses

_____	_____
_____	_____
_____	_____
_____	_____

Allergies

_____	_____
_____	_____
_____	_____
_____	_____

Child 6

Medicare Number: _____

Health fund number: _____

Medical Records – originals where?

List the dates or details for
Vaccinations

_____	_____
_____	_____
_____	_____
_____	_____

Tetanus booster: _____

Operations

_____	_____
_____	_____
_____	_____
_____	_____

Significant past illnesses

_____	_____
_____	_____
_____	_____
_____	_____

Allergies

_____	_____
_____	_____
_____	_____
_____	_____

What now

Now that you have filled in the details of YOUR preferences you can book a time for a pre-mediation session by calling us on (07) 4724 0016. Your ex partner will be invited as well to participate either by you, your solicitor, or by us by letter.

Perhaps you can ask your partner to download this booklet and do the same in preparation for a smooth negotiation.

In the pre-mediation session your Mediator will listen to your concerns and read through your hoped outcomes from mediation and explain the process to you, finding out whether it is safe to conduct mediation where both are present in the same room or in the same location at the same time.

If your partner will not participate or attend and you need to go to court, you can simply then ask your Mediator to formalise your preferences in a Parenting Plan for your Solicitor and make a booking to see one of our Senior Mediators (Family Dispute Resolution Practitioner – registered with the Attorney General’s Department) for a session to provide you with a 60I form for court. It is important that you understand that the fact that you have demonstrated that you are concerned for the best interests of your child/children is usually considered favourably by the court.

If your ex partner also works through the process you can choose to submit your parenting plan to the Family Court using the *Court’s Application for Consent Orders* form. The details of your parenting plan are then built into a *Parenting Order* giving it the same legal effect as an order made after a court hearing.



Contact Details for:

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