

PARENTING PLAN INSTRUCTIONS

Attached you will find blank forms for weekly and holiday schedules as well a list of *Other Co-Parenting Decisions*. These are being provided to you so that you can begin the process of organizing your parenting plan. Here are some valuable guidelines for working on these important decisions:

- Your first consideration in formulating schedules should always be what's in the best interest of each child.
- Alpha encourages you to work together with your spouse on formulating tentative schedules and other important decisions. If you are able to work together amicably, you will find your Parenting Mediation session much more productive
- If you are not able to work together amicably with your spouse, please complete the forms, focusing on what you consider to be best for each child.
- Please review the list of all the important matters regarding your children and co-parenting that you would like to discuss during the Parenting Mediation session.