

Family Matters: Assisting Families through Separation and Divorce

Parenting Checklist

1. Parenting Structure/Sharing time with children:
 - Basic structure of week/month/year
 - Other considerations:
 - Long weekends
 - Holidays
 - Special occasions, birthdays, mother's day, father's day
 - Easter, Christmas, other holidays
 - Babysitter
 - Spending time with child, while in other parent's care
 - Telephone access
2. Decision-making roles:
 - Day to day issues
 - Health
 - Schooling
 - Religion
3. Communication between parents
 - Changes in planned events
 - Changes in schedule
 - Health of children
4. Sharing of childcare expenses:
 - Child support
 - Extracurricular activities
 - Family allowance, tax credits, other
5. Contingency plans:
 - If children travel out of the country on holidays
 - If one parent moves out of the city, province
 - If one parent becomes ill or disabled
 - Guardianship if one or both parents die
6. When is the agreement reviewed?
7. How is it reviewed?
 - On your own
 - With a mediator
 - With a lawyer