



Centred Counselling & Mediation

PUTTING TOGETHER A PARENTING PLAN

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A **Parenting Plan** is a written agreement that clearly outlines how parents will raise and care for their child or children following separation or divorce.

It sets out practical arrangements relating to **care, contact**, parental responsibilities, decision-making, and financial contributions, while ensuring that the **best interests** of the child remain the primary focus.

A well-structured Parenting Plan helps reduce conflict by creating **clear expectations** and workable guidelines for both parents. Research consistently shows that children adjust better to separation and divorce when parents are able to **cooperate** and **communicate effectively**.

Every family is unique, and therefore no **single plan fits every situation**. Each Parenting Plan is carefully tailored to suit the child's age, developmental needs, daily routine, and the practical realities of both parents.

WHAT IS INCLUDED IN THE PARENTING PLAN?

The Parenting Plan may address:

- living arrangements and care schedules
- weekend, weekday, holiday, and special occasion arrangements
- collection and drop-off times and locations
- communication between the child and each parent
- schooling and educational costs
- living arrangements and care schedules
- weekend, weekday, holiday, and special occasion arrangements
- collection and drop-off times and locations
- communication between the child and each parent
- medical and healthcare decisions
- schooling and educational costs
- Extramural activities and transport

A CHILD-CENTRED APPROACH

At **Centred Counselling & Mediation**, Parenting Plans are developed with a child-centred, solution-focused approach.

The goal is to create a practical, sustainable plan that supports healthy co-parenting, reduces future disputes, and promotes emotional stability for the child.