

ATTACHMENT 4B - LONG DISTANCE SCHEDULE

This attachment is part of the Medium/Long Distance Parenting Plan. It is suggested for parents who live 180 miles or more apart from each other. You can decide what schedule is best for you based on your family's needs.

The goal of the schedule is to make sure that (1) children have enough contact with their home base and Parent A, (2) children can participate in age-appropriate activities, and (3) children have as much time as possible with Parent B.

Unless you file another parenting plan with the court in the future, this plan will be in effect until each child is 18 years old. **Please make sure to select an option in each age category**, starting with your child's current age. If you have children of different ages, follow the schedule for the youngest child.

4.1 Schedule for Children under Age 6. Complete only if you have children under age 6. If none of the children are under age 6, skip to paragraph 4.2
(CHECK OPTION 1 OR DESIGN YOUR OWN SCHEDULE IN OPTION 2)

OPTION 1

Birth up to age 18 months

Parent B shall have parenting time in Parent A's locale with Parent A nearby as follows:
(CHECK ONE)

- Once every two months, up to 8 hours a day for up to 5 days in a row
(Recommended if Parent B has had significant contact with the child)
- Once every two months, up to 8 hours a day with Parent A having the option to be present during the first 2 hours of parenting time, for up to 5 days in a row
(Recommended if Parent B has not had regular contact with the child)
- Other: _____

Age 18 months up to age 36 months

Parent B shall have parenting time in Parent A's locale with Parent A nearby as follows:
(CHECK ONE)

- Once every two months, up to 8 hours a day for up to 5 days in a row
- Once every two months, up to 8 hours a day for up to 5 days in a row with one 24-hour period after the third day
- Other: _____

Age 3 up to age 6

Routine Parenting Time. Parent B shall have parenting time: **(CHECK ONE)**

- One weekend every month from 6 p.m. on Friday until 6 p.m. on Sunday
- Other routine parenting time:

- We choose not to designate routine parenting time and instead Parent B shall have the children for the additional parenting time indicated below.

Additional Parenting Time. Each additional parenting time period shall be separated by at least two weeks with Parent A. Parent B shall have parenting time: **(CHECK ONE)**

- Up to 4 days in a row up to six times each year
- Up to three 1-week blocks each year
- Other additional parenting time:

Holidays (CHECK ONE)

- We will have no specific holiday schedule for children under age 6, but parenting time may be scheduled on or near a holiday when we agree
- Parent B will have the option to have the following holiday parenting time each year, which may be scheduled during the routine parenting time listed above or as additional parenting time:

(CHECK ALL THAT APPLY)

- Christmas Day in **(CHECK ONE)**
 - Odd-numbered years
 - Even-numbered years
- Thanksgiving Day in **(CHECK ONE)**
 - Odd-numbered years
 - Even-numbered years
- Child's Birthday in **(CHECK ONE)**
 - Odd-numbered years
 - Even-numbered years

- Holiday schedule developed by parents: _____

OPTION 2 (Schedule for Children Under 6 developed by parents)

4.2 Routine Schedule for Children Age 6 and Older. For children age 6 and older, parent B shall have the routine parenting time listed below. For children under age 6, Parent B shall have parenting time with the child according to the schedule in 4.1 above. **(CHECK OPTION 1 OR DESIGN YOUR OWN SCHEDULE IN OPTION 2)**

OPTION 1

Age 6 up to age 16 (CHECK ONE)

- One weekend every month from 6:00 p.m. Friday until 6:00 p.m. Sunday
 Other: _____

Age 16 up to age 18 (CHECK ONE)

- One weekend every month from 6:00 p.m. Friday until 6:00 p.m. Sunday
 Scheduling may be determined at the time in consideration of the children's activities, employment schedule, school requirements and other obligations.
 Other: _____

OPTION 2 (Routine Schedule developed by parents)

4.3 School Breaks and Holiday Schedule for Children Age 6 and Older (CHECK OPTION 1 OR DESIGN YOUR OWN SCHEDULE IN OPTION 2)

OPTION 1:

Winter Break (CHECK ONE)

- Parent B shall have parenting time for one week of school Winter Break every year **(OPTIONAL)** with the week including Christmas Day in **(CHECK ONE)**
 Odd-numbered years
 Even-numbered years
 Parent B shall have parenting time for two weeks of school Winter Break in **(CHECK ONE)**
 Odd-numbered years
 Even-numbered years
 Other: _____

Spring Break (CHECK ONE)

- Parent B shall have parenting time for Spring Break every year.
 Parent B shall have parenting time for Spring Break in **(CHECK ONE)**
 Odd-numbered years
 Even-numbered years
 Other: _____

Thanksgiving Break **(CHECK ONE)**

- Parent B shall have parenting time for Thanksgiving Break every year.
- Parent B shall have parenting time for Thanksgiving Break in **(CHECK ONE)**
 - Odd-numbered years
 - Even-numbered years
- Other: _____

Holiday Weekends **(CHECK ONE)**

- Parent B's shall have the option for parenting time on each of the four 3-day weekends that include a legal holiday (Martin Luther King, Jr. Birthday, President's Day, Memorial Day, and Labor Day) from 6:00 PM on Friday until 6:00 PM on Monday.
- There will be no planned holiday weekend parenting time unless we agree.

Child's Birthday

- Parent B shall have the option to have parenting time for the child's birthday in **(CHECK ONE)**
 - Odd-numbered years
 - Even-numbered years
- Parent B will not have parenting time for the child's birthday unless we agree.

OPTION 2 (School Breaks and Holiday Schedule developed by parents)

4.4 Summer Schedule for Children Age 6 and Older. (CHECK OPTION 1 OR DESIGN YOUR OWN SCHEDULE IN OPTION 2)

OPTION 1

Age 6 up to age 9

Parent B shall have parenting time with the children for **(CHECK ONE)**

- Three weeks, exercised in **(CHECK ONE)**
 - One-week blocks separated by at least one week with Parent A
 - Two 10-day blocks separated by at least one week with Parent A
- Four Weeks, exercised in **(CHECK ONE)**
 - Two 2-week blocks
 - One 4-week block
- Six weeks, exercised in two 3-week blocks
- Other: _____

Age 9 up to age 16

Parent B shall have parenting time with the children for **(CHECK ONE)**

Four Weeks, exercised in **(CHECK ONE)**

Two 2-week blocks

One 4-week block

Six weeks, exercised in **(CHECK ONE)**

Two 3-week blocks

One 6-week block

Eight weeks, exercised in **(CHECK ONE)**

Two 4-week blocks

One 8-week block

Other: _____

Age 16 up to age 18

Parent B shall have parenting time with the children for **(CHECK ONE)**

One 2-week block

One 4-week block

Other: _____

OPTION 2 (Summer Schedule developed by parents):

4.4.1 Notice for Summer Scheduling **(CHECK ONE)**

Before May 1 of each year, Parent B shall notify Parent A, in writing, of the dates chosen for summer parenting time. Parent A has the right to choose the dates for Parent B's summer parenting time if Parent B does not give notice before May 1. Parent B's summer parenting time shall end at least seven days before the children's first day of school.

Other: _____
