

# CHILDREN THREE TO FIVE YEARS OLD

Their "jobs"	Their needs	Signs of distress: (especially if it goes on for a long time)
<ul style="list-style-type: none"> <li>To engage with outside world</li> <li>To develop relationships with other children</li> <li>To be able to better understand limits set by their parents or caregivers</li> </ul>	<ul style="list-style-type: none"> <li>Increased ability to "hold" another person in their memory</li> <li>Continued predictability routine, and structure</li> <li>Consistent discipline between parents when possible</li> <li>Freedom from direct conflict</li> <li>May benefit from blocks of time with each parent</li> </ul>	<ul style="list-style-type: none"> <li>Regression in toileting, sleeping, and eating</li> <li>Irritability, clinging</li> <li>Anger and behavior problems</li> </ul>

## SAMPLE PARENTING SCHEDULES

The information and graphs below are samples of parenting time schedules based on children's ages and different parenting styles. They are provided as a tool to give you ideas in order to help you create your own personalized schedule. Parenting time should be scheduled based on the needs of each individual family. You may fill out your own parenting schedule using the blank calendar in the Guide.

**Plan A Samples:** These plans are best suited where one parent has not been the child's primary caregiver and/or wants regular contact but is not able to provide extensive caregiving due to an inflexible work schedule or other circumstance.

**Plan B Samples:** These are best suited for parents who have been involved in the day-to-day care of the child and who want greater contact than is afforded in Level A plans.

**Plan C Samples:** These are best suited for parents who have been involved to a significant extent in the day-to-day care of the child and desire maximum contact.

**Plan A:** A one or two-night weekend on alternate weeks, plus one evening every week. Can also omit the evening or make it an overnight. For example:

Week	M	Tu	W	Th	F	Sa	Su		
#1	A	A	A	A	A	B	B		
			B		B		A		
			A						
#2	A	A	A	A	A	A	A		
			B						
			A						

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

[ X ] At all times not specified below.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: [ ] every [X] every other [ ] other (specify) \_\_\_\_\_  
 from Friday at 5:00 p.m. to Sunday at 6:00 p.m.

WEEKDAYS: Specify days every Wednesday overnight  
 from 5:00 p.m. to 8:00 p.m.

**Plan B:** A three-night weekend on alternate weeks, plus one overnight on the other week. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	A	B	B	B
				B			A
#2	A	A	A	B	A	A	A
			B	A			

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children’s care:

[ X ] At all times not specified below.

B. Parent B shall be responsible for the children’s care on the following days and times:

WEEKENDS: [ ] every [X] every other [ ] other (specify) \_\_\_\_\_  
 from Thursday at 5:00 p.m. to Sunday at 6:00 p.m.

WEEKDAYS: Specify days every other Wednesday overnight  
 from 5:00 p.m. to Thursday at 8:00 a.m.

**Plan C (1<sup>st</sup> Option):** Parents split each week and the weekend. Provides a consistent routine and accommodates child's ability to be apart from either parent for only three days. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	A	B	B	B	A
			B				
#2	A	A	A	B	B	B	A
			B				

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children's care:

- At all times not specified below.  
 On the following days and times:

WEEKENDS:  every  every other  other (specify)\_\_\_\_\_

WEEKDAYS: Specify days \_\_\_\_\_

OTHER: (specify) every week, from Sunday at 8:00 a.m. to Wednesday at 12:00 p.m.

B. Parent B shall be responsible for the children's care on the following days and times:

WEEKENDS:  every  every other  other (specify)\_\_\_\_\_

WEEKDAYS: Specify days \_\_\_\_\_

OTHER: (specify) every week, from Wednesday at 12:00 p.m. to Sunday at 8:00 a.m.

**Plan C (2<sup>nd</sup> Option):** Parents have the same two consecutive weekdays every week. Alternate weekends. Provides each parent with whole weekends with and without the child. For example:

Week	M	Tu	W	Th	F	Sa	Su
#1	A	A	B	B	B	B	B
#2	A	A	B	B	A	A	A

2.1 Weekday and Weekend Schedule.

A. Parent A shall be responsible for the children's care:

At all times not specified below.

On the following days and times:

WEEKENDS:  every  every other  other (specify) \_\_\_\_\_  
from Friday at 3:00 p.m. to Monday at 8:00 a.m.

WEEKDAYS: Specify days every week, from Monday at 8:00 a.m. to  
Wednesday 8:00 a.m.

B. Parent B shall be responsible for the children's care on the following days and times:

WEEKENDS:  every  every other  other (specify) \_\_\_\_\_  
from Friday at 3:00 p.m. to Monday at 8:00 a.m.

WEEKDAYS: Specify days every week, from Wednesday at 8:00 a.m. to  
Friday at 3:00 p.m.