

# Glenora Registered Psychologists

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## Parenting Plan: List of Topics

Following is a list of the topics parents may want to include in a parenting plan.

Some of the topics listed may be irrelevant to your family. Other topics may need to be broken down into many sub-topics. For example, some families are able to skip over the topic of allergies, while other families need to break discipline down into many parts (hitting, telling lies, refusing to do homework, skipping school, etc.)

Probably the most important factor pertaining to the upbringing of your children is the parents getting along and acting as a team. Keep in mind, no one parent “is the boss” and that there is a difference between your wishes and the final decisions made.

1	Schedule	3.	Exceptions to the schedule
	a. Regular – majority of the year	a.	Extracurricular activities
	b. Summer holidays	b.	Child/Family Birthdays
	c. Winter break	c.	Mother's/Father's Day
	d. Spring break	d.	Long Weekends
	e. How to modify/re-evaluate parenting plan	e.	School holidays
	f. Relocation	f.	How to request a change/trade
		g.	Travel request
2	Exchanges (drop-off/pick up)	h.	Special events
	a. How to do	i.	Making appointments (doctor, etc.)
	b. Expected behaviour		
4	Communication		
	a. Face-to-face		
	b. Telephone		
	c. E-mail / written		
	d. Shared calendar		
	e. With child(ren) by parent		
	f. With parent by child(ren)		
	g. With child(ren) by other (e.g. grandparent)		
	h. About financial issues		
	i. Dispute resolution process		
	j. About changes in life / new partner, etc.		
	k. Assistance with communication (counselling)		

After/Before school care	Internet
Allergies	Lunches (school)
Allowance	Nutrition
Babysitters for the child(ren)	Knowledge of divorce
Babysitting (being allowed to)	Marijuana
Bedrooms (contents, sharing, etc.)	Movies allowed (ratings)
Bed-time	Music allowed
Birth control	Name used
Birthday parties (friends, extended family)	Parent-teacher interviews
Breast feeding	Part time work
Car seats	Passport
Cell phone	Pets
Chores	Physical fitness
Clothing	Physician
Computer	Piercings
Counselling	Post-secondary education
Curfew	Prayer
Dating	Privacy
Day care	Reading
Dental care	Religion
Discipline	School events
Drinking alcohol	School newsletters
Driving lessons and restrictions	School pictures
Drugs	School selection
Extracurricular (sports, arts, social, etc.)	School supplies
Friends (parties, play dates)	School transportation
Gifts for parents (birthday, other)	Sex education
Grandparent involvement	Siblings
Guns / Hunting	Sleep over's
Hair style and colour	Sleeping with parent
Health concerns	Smoking
Home alone (after school, evening, etc.)	Social Media
Homework	Step parent (name, involvement)
Hygiene	Tattoos'
Illness – child	Toilet training
Illness – parent	Tutoring
Immunization	Video games