



# Parenting Plan Discussion Worksheet

*A child-focused worksheet for mediation preparation.*

Use this guide to organize your thoughts before mediation. Bring notes, documents, and questions - not final positions. The goal is to help both participants identify issues, clarify options, and prepare for a productive conversation.

This worksheet is for general educational and mediation-preparation purposes only. Mediation Pro Se is neutral and does not represent either party. This is not legal advice. Each participant may consult an independent attorney or tax/financial professional before signing any agreement.

**Disclaimer:** Mediation Pro Se provides neutral mediation services and does not represent either participant. The mediator does not provide legal advice, legal representation, tax advice, financial advice, or therapeutic services. Participants are encouraged to consult independent professionals, including an attorney, before signing any agreement or filing documents with the court.

**Mediation Confidentiality Notice:** California law generally treats mediation communications as confidential, subject to specific legal rules and exceptions. Participants should review any mediation confidentiality disclosures provided before mediation begins and consult an attorney with questions about how confidentiality may apply to their situation.



## Parenting Plan Discussion Worksheet

This worksheet helps parents organize child-related topics before mediation. It is designed to support child-focused discussion, not to decide what a court would order.

### Child and family information

| Child | Age / grade | School / childcare | Medical, learning, or activity notes |
|-------|-------------|--------------------|--------------------------------------|
|       |             |                    |                                      |
|       |             |                    |                                      |
|       |             |                    |                                      |

### Regular weekly schedule

Use this table to discuss ordinary school-week and weekend routines. Consider transportation, homework, meals, bedtime, and extracurricular activities.

| Day       | Parenting time / exchanges | Transportation / notes |
|-----------|----------------------------|------------------------|
| Monday    |                            |                        |
| Tuesday   |                            |                        |
| Wednesday |                            |                        |
| Thursday  |                            |                        |
| Friday    |                            |                        |
| Saturday  |                            |                        |
| Sunday    |                            |                        |



## Decision-making topics

| Topic                                | Current practice | Possible agreement / open questions |
|--------------------------------------|------------------|-------------------------------------|
| Education                            |                  |                                     |
| Healthcare                           |                  |                                     |
| Dental / vision                      |                  |                                     |
| Mental health / counseling           |                  |                                     |
| Religious / cultural activities      |                  |                                     |
| Extracurricular activities           |                  |                                     |
| Travel and passports                 |                  |                                     |
| Phones, devices, and online activity |                  |                                     |

## Holidays, vacations, and special days

| Occasion                    | Preferred approach | Details to discuss |
|-----------------------------|--------------------|--------------------|
| Winter break                |                    |                    |
| Spring break                |                    |                    |
| Summer vacation             |                    |                    |
| Thanksgiving                |                    |                    |
| Child birthdays             |                    |                    |
| Parent birthdays            |                    |                    |
| Mother's Day / Father's Day |                    |                    |

|                                   |  |  |
|-----------------------------------|--|--|
| Other cultural/religious holidays |  |  |
|-----------------------------------|--|--|

Communication and co-parenting expectations

- ☐ Preferred communication method
- ☐ Emergency communication plan
- ☐ Sharing medical information
- ☐ Activity registrations and costs
- ☐ Childcare and right of first refusal
- ☐ Dispute-resolution steps
- ☐ Response time expectations
- ☐ School/event notifications
- ☐ Parent-teacher conferences
- ☐ New partners and introductions
- ☐ Relocation or travel notice
- ☐ Review schedule as children grow

Child-focused concerns and possible compromises

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For California self-help information and current form references, review the California Courts Self-Help Guide.

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