

**LONG DISTANCE PLAN: (Only to be used when the parents live over 225 miles apart.)**

**SIXTH JUDICIAL DISTRICT**

**PARENTING PLAN**

**\*\*\*HOW TO USE THIS PLAN\*\*\***

**This plan is a guide only. It is the policy of the court to encourage the parties to decide their own parenting time schedule, either between themselves or through mediation, as this is beneficial for all involved.** The court will generally approve any schedule agreed upon by the parties. However, if the parties are unable to agree, the following schedule may be used as a basis for establishing parenting time. Because each family's circumstances are different, the parenting time schedule established by the court may make provision for more or less parenting time than desired by the parties or as set forth in this rule.

**\*\*\* NOTICE TO ALL PARENTS \*\*\***

Pursuant to ORS 107.101 and 107.149, it is the policy of the State of Oregon to:

- Assure minor children of frequent and continuing contact with parents who have shown the ability to act in the best interests of the child;
- Encourage such parents to share in the rights and responsibilities of raising their children after the parents have separated or dissolved their marriage;
- Encourage parents to develop their own parenting plan with the assistance of legal and mediation professionals, if necessary;
- Grant parents and courts the widest discretion in developing a parenting plan; and
- Consider the best interests of the child and the safety of the parties in developing a parenting plan.

**1. GENERAL INFORMATION:**

A. The parents' names are:

\_\_\_\_\_ (Parent A) and  
\_\_\_\_\_ (Parent B).

B. The Parenting Plan applies to the following child(ren):

Name	Age
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

C. Parent B shall have parenting time as set forth below and Parent A will have the children at all other times.

D. Each child shall follow the parenting time schedule for the oldest child except summer. For summer parenting, each child shall follow the schedule appropriate for his/her age.

**2. DEFINITIONS:**

A. The terms "sole custody" and "joint custody" define how parents will handle major decisions about the children. Major decisions include, but are not limited to, decisions about the children's education, non-emergency health care and religious training. The terms "sole custody" and "joint custody" have nothing to do with the amount of time that children spend with either parent nor do they affect child support calculations. The court cannot order joint custody unless both parties agree.

B. The "weekend" begins with the first Friday of the month.

### **3. CHILDREN UNDER 36 MONTHS:**

#### **A. Weekend parenting time:**

- (1) One weekend per month of at least three overnights scheduled in conjunction with school holidays when possible. These weekends are in addition to the holiday parenting time.
- (2) The times when the parties exchange the child(ren) may be flexible to allow for transportation. However, the exchange times shall be reasonable and the parties shall use their best efforts to have the child(ren) to either mother's or father's home prior to 8:00 p.m.

#### **B. Holidays and Vacations:**

- (1) In even-numbered years:
  - (a) Christmas: Beginning the day school adjourns and continuing until December 26.
- (2) In odd-numbered years:
  - (a) Thanksgiving: Commencing on Wednesday and continuing until the following Sunday.
  - (b) Christmas: Beginning on December 26 and continuing until the day before school resumes.

#### **C. Every year:**

- (1) Spring break: Beginning the day after school adjourns until the day before school resumes. This spring break parenting time shall be in lieu of the weekend parenting time for that month.
- (2) Summer: For children under 36 months, there is no extended summer parenting time unless the parties otherwise agree in writing. Parenting time should continue during summer months pursuant to paragraph 3(A)(1) above.

### **4. CHILDREN OVER 36 MONTHS:**

#### **A. September through May:**

- (1) One weekend per month of at least three overnights scheduled in conjunction with school holidays when possible. These weekends are in addition to the holiday parenting time.
- (2) To assure Parent B of a three- or four-day weekend each month, the child(ren) may be allowed to miss one Friday of school per month in months in which the children do not have a Monday or Friday out of school.

(3) The times when the parties exchange the child(ren) may be flexible to allow for transportation. However, the exchange times shall be reasonable and the parties shall use their best efforts to have the child(ren) to either mother's or father's home prior to 8:00 p.m.

B. Holidays and Vacations:

(1) In even-numbered years:

(a) Christmas: Beginning the day school adjourns and continuing until December 26.

(2) In odd-numbered years:

(a) Thanksgiving: Commencing on Wednesday and continuing until the following Sunday.

(b) Christmas: Beginning on December 26 and continuing until the day before school resumes.

C. Every year:

(1) Spring break: Beginning the day after school adjourns until the day before school resumes. This spring break parenting time shall be in lieu of the weekend parenting time for that month.

(2) Summer Parenting Time:

(a) Eight weeks of summer parenting time.

(b) Before May 1 of each year, Parent B shall notify Parent A, in writing, of the dates of summer parenting time. Parent A has the right to choose the inclusive dates for the parenting time when Parent B has not given notice before May 1. Parent B's summer parenting time shall end at least seven days prior to the child(ren)'s first day of school.

(c) Parent A shall be entitled to a weekend with the child(ren) during Parent B's summer parenting time, in the event that he/she is able to travel to Parent B's residence. Parent A shall give reasonable advance notice to Parent B of when he/she intends to exercise this weekend parenting time.

## 5. PARENTING TIME CALCULATION

A. The table below indicates the average number of overnights that each parent will have the children each year. Significant overnight time with Parent B may influence child support calculations. The Oregon Child Support Calculator is available at [www.dcs.state.or.us/calculator](http://www.dcs.state.or.us/calculator).

Ages of Children	Overnights with Parent A	Overnights with Parent B
Birth to 36-months	317	52
Over 36-Months	272	95

## RULES AND PROCEDURES

### 6. TRANSPORTATION

- A. Parent B shall be responsible for picking up the child(ren) at Parent A's residence at the beginning of the parenting time and Parent A is responsible for picking up the child(ren) at Parent B's residence at the end of the parenting time.
- B. For every visit, parents shall alternate responsibility for making travel arrangements. A parent shall not use a method of travel or schedule a time for travel which interferes with the other parent's scheduled parenting time.
- C. Pick up and delivery to and from parenting time shall be prompt so all parties can make plans accordingly.
- D. When making travel arrangements by air, bus, or train, the parent arranging the transportation shall promptly notify the other parent of the travel arrangements.
- E. If traveling by bus or train, a parent or other responsible adult, agreed upon by both parties, must accompany the child if the child is under 14 years of age.
- F. If traveling by air, the child(ren) may be allowed to fly unaccompanied by an adult only if doing so would not violate any airline rules or regulations and would not put the child at a health risk.

G. The cost of transporting the child(ren) to and from parenting time, shall be paid by the parents in the same proportion as the "percentage share of income" as listed in the parents' child support computation worksheet. For example, if Parent B's percentage share of income is 70%, then the Parent B shall pay 70% of transportation costs and Parent A shall pay 30% of transportation costs. The parent with the lower income shall pay no less than 30% of transportation costs. If the parties have agreed to forego child support or if there is no child support computation worksheet, the parents shall equally divide the costs of transportation.

H. If the child(ren) is traveling by a commercial carrier, transportation costs shall include the cost of the ticket(s) for the child(ren), plus the cost of the ticket(s) for the individual traveling with the child(ren), if the accompaniment is necessary pursuant to the carrier's rules, and the cost of transportation to the terminal. If the child(ren) is traveling by car, transportation costs shall be calculated at 45¢ per mile.

I. Parties shall be encouraged to use common sense during inclement weather.

## **7. PLANNING:**

A. If the child(ren) regularly attends school in a district which is regularly in session Monday through Thursday, Parent B is entitled to weekend parenting time beginning at 6 p.m. on Thursday.

B. If the child(ren) have school on a day following an overnight parenting time with Parent B, the parenting time is conditioned upon Parent B ensuring the child's attendance at school on the aforementioned day.

C. A nursing mother shall be responsible for making necessary arrangements for feeding an infant child in order to accommodate the father's parenting time. The fact that an infant child is being nursed shall not be grounds for cancelling, delaying or in any other way, hindering the father's right to parenting time with the child.

D. Parent A shall have the child(ren) fed and ready on time for parenting time, with sufficient and proper clothes packed and ready for the parenting time.

E. Parent B shall feed the child(ren) the evening meal before returning them from the parenting time. Parent B shall return all clothing that accompanied the child(ren) for the parenting time.

F. In the event a child is ill and unable to visit, Parent A shall allow Parent B a makeup parenting time on the next succeeding weekend.

G. If Parent B fails to exercise parenting time because of illness or any other reason, there will be no makeup parenting time.

H. If a licensed physician has prescribed medication for the children, both parents shall ensure that the medications are delivered and returned with the child and administered as prescribed.

**8. PERSONAL PLANS:**

A. The child(ren) will not be permitted to determine whether they wish to visit Parent B.

B. Personal plans of Parent A or of the child(ren), school activities, church activities and other similar considerations will not be reasons for failing to follow this parenting time schedule.

**9. CHILD'S ACTIVITIES:**

A. Each parent shall act reasonably in registering the child(ren) for activities, keeping in mind that neither parent is entitled to schedule activities for the child(ren) which will consistently take place during the other parent's time with the child(ren). However, parents should keep in mind that certain activities, by their nature, may take place during the other parent's weekend.

B. Although neither parent is required to involve a child(ren) in any activity, each parent is encouraged to use his or her best efforts to keep the parties' minor child(ren) involved in athletic events, school functions, lessons, birthday parties, etc., even though those activities may occur during one parent's parenting time. The parents should recognize that limiting the child(ren)'s involvement in activities may deprive the child(ren) of valuable opportunities for growth. Parents are encouraged to use the child(ren)'s activities as an opportunity for the parents to interact with the child(ren), meet the child(ren)'s friends and other families, and have a quality experience with the child(ren).

C. Both parties shall have the unrestricted right to be with the parties' minor child(ren) at school and attend school and extracurricular activities and events. Each parent shall have full access to child(ren)'s school, teachers, school administrators, and leaders of the various activities in which the child(ren) may be involved.

D. Each parent is responsible to keep himself or herself apprised of the child(ren)'s activities.

E. Each parent shall act responsibly and respectfully while attending the child(ren)'s activities and/or events. Neither parent should act in a fashion which would disturb the interaction and relationship of the other parent with the child(ren) and/or other adults present at the activity or event. It is the responsibility of the parent who does not wish to have contact with the other parent at such an activity or event, to remove himself or herself from the activity or event.

## **10. RELOCATION OF A PARENT:**

- A. Parents shall provide each other with at least 30 days' prior written notice of any planned relocation more than 70 miles out of the area.
- B. Regardless of any decision-making allocation of this Parenting Plan, any relocation of one parent that would disrupt the other parent's scheduled time with the child(ren) shall require a modification of the residential schedule that is mutually agreed upon or is ordered by the court.
- C. If the child(ren) shall be staying somewhere other than Parent B's residence, Parent B shall notify Parent A of any emergency contact phone number and where the child will be staying.

## **11. MEDICAL REASONS:**

Substantial medical difficulties of the child(ren) will be considered sufficient for postponement of parenting time.

## **12. OTHER CONTACT:**

A. In addition to parenting time set forth in this parenting time schedule or as otherwise ordered by the court, Parent B has the right to correspond with the child(ren) and to telephone the child(ren) during reasonable hours without interference or monitoring by Parent A or anyone else in any way. Unless otherwise agreed to by the parents, telephone calls between Parent B and the child(ren) shall be limited to:

- (1) No more than three per week; and
- (2) Ten minutes or less for each call.

B. Both parents should be sensitive to the child(ren)'s need to have contact with the other parent as well as the need of the parents to minimize disruptions.

C. Parent A shall be allowed the same communication rights during periods of Parent B's parenting time.

D. Both parents shall allow the child(ren) to initiate contact with the other parent at any time. If it involves a long distance call, the parent the child is contacting shall provide a phone card to or accept collect calls from the child.

## **13. RESTRAINT:**

The court restrains and enjoins parents subject to this parenting time schedule from making derogatory comments about the other parent or in any way diminishing the love, respect, and affection that the child has for the other parent.



**14. OTHER RIGHTS (ORS 107.154):**

Unless otherwise ordered by the court, an order of sole custody to one parent does not deprive the other parent of the following authority:

- A. To inspect and receive school records and to consult with school staff concerning the child's welfare and education, to the same extent as the custodial parent may inspect and receive such records and consult with such staff;
- B. To inspect and receive governmental agency and law enforcement records concerning the child to the same extent as the custodial parent may inspect and receive such records;
- C. To consult with any person who may provide care or treatment for the child and to inspect and receive the child's medical, dental, and psychological records to the same extent as the custodial parent may consult with such persons and inspect and receive such records;
- D. To authorize emergency medical, dental, psychological, psychiatric or other health care for the child if the custodial parent is, for practical purposes, unavailable; or
- E. To be the child's conservator, guardian ad litem, or both.

**15. PARENTAL NOTIFICATION (ORS 107.164):**

Unless otherwise ordered by the court, both parents shall have a continuing responsibility, once a custody or protective order concerning the child is issued, to provide addresses and contact telephone numbers to the other parent and to immediately notify the other parent of any emergency circumstances or substantial changes in the health of the child.

**16. SCHEDULE DEVIATIONS:**

Parents shall put mutually agreed changes to the parenting time schedule in writing so there will be no dispute as to the changes.

**17. NON-ASSIGNED TIMES:**

Unless otherwise agreed in writing, Parent A is responsible for the child during all times not awarded to Parent B.

**18. EXCEPTIONS/ADDITIONS: (PLEASE PRINT LEGIBLY OR TYPE)**

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**\* NOTICE TO ALL PARENTS \***

The terms of child support and parenting time (visitation) orders are designed for the child's benefit and not the parents' benefit. You must pay support even if you are not receiving parenting time. You must comply with parenting time orders even if you are not receiving child support.

Violation of child support and parenting time orders is punishable by fine, imprisonment or other penalties.

Publicly funded help is available to establish, enforce and modify child support orders. Services to establish paternity are also available. Contact your local district attorney, domestic relations court clerk or the Department of Human Resources (503) 378-5567 for information.

Publicly funded help may be available to establish, enforce or modify parenting time orders. Forms are available to enforce parenting time orders. Contact the family court specialist in the civil office of the local state circuit court.