

Parenting Plan Worksheet (PPW)
(Version for a parent answering alone)

STATE OF INDIANA)
) SS MORGUSON FAMILY COURT
COUNTY OF MORGUSON) Case No. 48D06-_____

[In paternity cases]: In Re the Marriage/Paternity of _____

[In dissolution cases]: _____
Mother/Father/Guardian/Other

and

Mother/Father/Guardian/Other

Parenting Plan Worksheet

*“Conflict between parents is
the best predictor of a child’s later maladjustment.”
--Dr. Anthony L. Berardi*

This Parenting Plan Worksheet (PPW) can assist co-parents (meaning parents who live apart) in doing well for their children and themselves.

There will also be situations (such as when a motion is filed) when a PPW must be filled out and either filed or brought to court.

1. Type of case.

- In a divorce/dissolution case but not yet divorced/final.
- Already divorced.
- Paternity case with paternity already established.
- Paternity case without paternity established.
- Other (Please describe.)

Optional comments:

*If parents will agree on one thing, they’ll agree on everything,
If that one thing is, ‘What do we want our children to look like when they’re 25?’”
--Patrick Brown, attorney and mediator*

2. **Parent and child names.** Your name and the names (and ages and dates of birth, e.g., Robert John Smith, age 7, d.o.b. 7-2-XX) of all children involved.

3. **Status.** What is your status in this case (for example, father, mother, putative father, legal guardian, etc.)?

4. **Reason for separate PPW.** It is acceptable to file this separate PPW instead of a joint one with your co-parent. But please state briefly why you are choosing to file a separate one.

5. **Overall co-parenting/family relationship.** How would you describe the relationship between you and your co-parent (or the family members you must relate with)?

- Peaceful and cooperative.
- Peaceful but somewhat uncooperative.
- Peaceful but quite uncooperative.
- Uncooperative and abusive or dangerous.
- Other. (Please describe.)

Please briefly explain your choice:

6. **Safety issues.** Is any adult or child in this family in any way unsafe (physically, emotionally, or in any other way)?

- No.
- Possibly.
- Yes.

Please briefly explain your choice:

7. **Level of peace, respect, and predictability in co-parenting.** How peaceful, respectful, and predictable is your current interaction with your co-parent?

- Very peaceful, respectful, and predictable.
- Somewhat peaceful, respectful, and predictable.
- Not at all peaceful, respectful, and predictable.

Please briefly explain your choice:

8. **Success in reducing conflict and building cooperation.** How successful would you say you and your co-parent presently are at reducing conflict and building cooperation for your child(ren)'s sake?

- Very successful.
- Somewhat successful.
- Not at all successful.

Please briefly explain your choice:

9. **Online workshop.** When did you complete the online workshop at UpToParents.org?

Please carefully look over your work on UpToParents.org now—and complete any Exercise responses that aren't as complete as could help you and your child(ren). Then please answer, Do you think you and your co-parent are putting the lessons on UpToParents.org to good use for the sake of your child(ren)?

- Yes.
- Somewhat.
- No.

Please briefly explain your choice:

10. **Class completion.** When did you complete the “Parents as Partners Co-Parenting Class”?

Date: _____

11. **Other resources already used.** Other than the UpToParents.org online workshop and the “Parents as Partners Co-Parenting Class,” what other resources have you and your co-parent used?

- Co-parenting or divorce adjustment counseling together.
- A parenting coordinator.
- Other. (Please specify.)

Please briefly describe these and your success with them.

12. **Guiding strategies.** Check those guiding strategies you’ll be using in your parenting. (Check only those that you think are appropriate in your circumstances.)

- Assuring everyone in the family is safe.
- Appreciating that for our children we will always be family.
- Using every contact we have as an opportunity to create goodwill and show our children a courteous partnership between their parents.
- Remembering our children will experience any attack between us as an attack on them.
- Recalling that our children’s only job is to be children, not our messengers, Spies, counselors, confidence, or carriers of our hurt.
- Remembering our love for our children is greater than any issue we could ever have with each other.
- Regularly sharing compliments and positive memories about each other with our children.
- Celebrating good things our children get to do with each of us.
- Regularly encouraging them to call their other parent for a friendly chat.
- Respecting each other’s parenting time while also being flexible, so our children’s lives can be as normal as possible.
- Respecting our children’s relationships with other important family members.
- Reaching agreements in ways that make our children proud of their family.
- Educating our extended family, close friends, and new relationships that they need to make peace with each of us and between each other.
- Other suggestions.

Children have no defense against their parents' anger.
–Dr. Ross Campbell

13. **Motions and court.** Please list (from the earliest to the most recent) any motions and hearings in your case, the matters raised in each, each outcome, and whether you think they helped your family’s functioning.

14. **Decision-making.** How are the major child decisions being made (for example, child address, school selection, health care, counseling, and handling of special problems)?

- We cooperate and make these decisions together (“joint legal custody”).
- I make these decisions on my own.
- My co-parent makes these decisions on their own.
- One of us makes these decisions but only after we discuss them with each other.
- Other. (Please specify.)

Please briefly explain your current decision-making *and* whether you think that should change:

15. **Child legal residence.** What is each child’s declared legal residence for school and legal purposes?

16. **Parenting time.** What schedule are you using for giving your child(ren) quality parenting time with each of you—and do you find this schedule satisfactory?

17. **Child support and medical insurance.** What is the child support and medical insurance order/arrangement?

18. **Open issues.** Please list any issues you and your co-parent have at this time and your plans for resolving them.

19. **Useful assistance.** What assistance do you think your family could use at this time? (Choose all that apply.)

- No assistance is needed.
- Redoing the UpToParents.org online workshop.
- Mediation to help us reach important agreements.
- More co-parenting education, such as the 6-week Level II co-parenting class.
- Counseling for us individually.
- Co-parenting/divorce adjustment counseling for us together.
- A parenting coordinator to oversee our interaction as co-parents.
- A court-supervised safety plan developed with the help of the Office of Family Safety (574-900-3322).
- Other assistance. Please specify: _____

Please briefly explain your choice(s):

Signature

Date