

Parenting Plans or Joint Physical Custody Schedules for Child Visitation

(2-2-3, 2-2-5, week-on/week-off, and 70-30 schedules for comparison)

2-2-3 Schedule							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	8 am or school start		8 am or school start		8 am or school start		
	2 days		2 days		3 days		
Week 2	8 am or school start		8 am or school start		8 am or school start		
	2 days		2 days		3 days		
(Repeat Week 1 and Week 2)	<p style="text-align: center;"><i>Advantage is never go more than 3 days without seeing your kids, best for preschool age and younger. Disadvantage is lots of back-and-forth for kids, hard to adjust for some, 6 exchanges within 14 days. Some parents start this schedule on a Tuesday and make the weekends include Monday, capturing 3-day weekends. Gives each parent the same amount of weekday and weekend time with children.</i></p>						

2-2-5 Schedule (also called 2-2-5-5 Schedule)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	8 am or school start		8 am or school start		8 am or school start		
	2 days		2 days		5 days		
Week 2			8 am or school start				
			5 days				
(Repeat Week 1 and Week 2)	<p style="text-align: center;"><i>Advantage is each parent has same 2 days every week (good for planning weekly activities) and shared alternating weekends. On some weeks you see children every 2 days, on other weeks every 5 days. Because of the longer duration between visits on some weeks, this is better for elementary and middle-school aged children, and there are only 4 exchanges every 14 days. Some people start this schedule on a Tuesday and make the weekends include Monday, capturing 3-day weekends. Gives each parent same amount of weekday and weekend time.</i></p>						

Week-On/Week-Off							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8 am or school start						
Week 1							
Week 2							
(Repeat Week 1 and Week 2)	<p style="text-align: center;"><i>Advantage is less back and forth between parents, only 1 exchange per week, longer duration and stability for children. Disadvantage is going an entire week without seeing your children can be hard. Ideal for high school-aged kids.</i></p>						

70-30 (Alternating Weekends, Plus 1 Weekday Night Every Week)							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	8 am or start of school		3 pm or after school	8 am or start of school			
Week 2			3 pm or after school	8 am or start of school	3 pm or after school		
(Repeat Week 1 and Week 2)	<p style="text-align: center;"><i>Mid-week visit could be anyday, not just Wednesday, and could be just for dinner, i.e. 2-3 hours, instead of overnight, if preferred. Also, weekend can begin on Saturday morning and end on Sunday night, if school pick-up and drop-off is difficult. This schedule works better when one parent lives far away from the children's school or when one parent has a demanding work schedule and primarily only has time on weekends or weekday evenings.</i></p>						

Exchanges at school provide for the most natural transitions for children and do not force parent interaction, thus minimizing conflict in the presence of the children.