

The Parenting Plan Clarity Map

Organize Your Thinking Before You Design Your Parenting Plan



Michelle Rakowski

Introduction

When parents separate, the first instinct is to divide time.

But a parenting plan is more than a schedule.

It is the structure that allows a child to feel steady, secure, and emotionally safe across two homes.

This Clarity Map is not about drafting legal clauses or building agreement language.

It is about organizing your thinking before you sit down to design your plan. As you move through these pages, reflect honestly. There are no perfect answers, only greater clarity.

Strong parenting plans are not rushed.

They are designed with foresight.

Schedule Rhythm

1. What schedule are you currently considering? (50/50, 60/40, week-on/week-off, every other weekend, etc.)

2. What concerns you most about transitions?

- School nights
- Emotional regulation
- Logistics / transportation
- Homework continuity
- Extracurricular activities
- Other: _____

3. What matters most to you about time division?

- Equal time
- Stability
- Fewer exchanges
- Alignment with work schedule
- Child preference
- Other: _____

How confident do you feel that your current schedule idea truly fits your child's needs?

1 – Not clear 2 – Somewhat unsure 3 – Mostly confident 4 – Very confident

Circle one: 1 2 3 4

Decision-Making

1. In which areas do you already feel aligned?

- Education
- Medical
- Mental health
- Extracurricular activities
- Religion / cultural involvement

2. Where do you anticipate possible disagreement?

3. If you disagree, what typically happens?

How confident do you feel that decision-making roles are clearly defined?

1 – Not clear 2 – Somewhat unsure 3 – Mostly confident 4 – Very confident

Circle one: 1 2 3 4

Holidays & Traditions

1. Which holidays carry emotional importance for you?

2. Which traditions feel non-negotiable?

3. Are there extended family expectations that should be considered?

- Yes
- No

If yes, describe:

How clear are you about your holiday structure?

1 – Not clear 2 – Somewhat unsure 3 – Mostly confident 4 – Very confident

Circle one: 1 2 3 4

Communication

1. How do you currently communicate?

- Text
- Email
- Co-parenting app
- In person
- Other: _____

2. What tends to create tension in communication?

3. What would make communication feel calmer and more predictable?

How clear are you about your communication structure?

1 – Not clear 2 – Somewhat unsure 3 – Mostly confident 4 – Very confident

Circle one: 1 2 3 4

Development & Growth

1. How old is your child (or children)?

2. What changes do you anticipate in the next 3–5 years?

- Increased extracurricular activities
- Adolescence
- School transitions
- Emotional or mental health shifts
- Increased independence
- Reaching the age of majority (18)
- Leaving home for post-secondary education
- Other: _____

3. Do you have a plan for reviewing your parenting structure over time?

- Yes
- No
- Unsure

—

How clear are you about how your plan will adapt as your child grows?

1 – Not clear 2 – Somewhat unsure 3 – Mostly confident 4 – Very confident

Circle one: 1 2 3 4

Future Changes

1. If new partners enter the picture, what boundaries feel important?

2. If one parent relocates, have you discussed distance considerations?

- Yes
- No
- Not yet discussed

3. What situations could feel destabilizing for your child?

How clear are you about how your plan addresses future life changes?

1 – Not clear 2 – Somewhat unsure 3 – Mostly confident 4 – Very confident

Circle one: 1 2 3 4

Child-Specific Needs

1. Does your child experience any of the following?

- Anxiety
- Sensory sensitivities
- ADHD
- Autism spectrum traits
- Executive functioning challenges
- Learning differences
- None of the above

2. Are there environmental differences between homes that could impact regulation?

Do transitions currently increase emotional intensity?

- Yes
- No
- Sometimes

How clear are you about how your child's specific needs are reflected in your plan?

1 – Not clear 2 – Somewhat unsure 3 – Mostly confident 4 – Very confident

Circle one: 1 2 3 4

Next Step: Designing Your Parenting Plan

You have now organized your thinking across the most important structural areas of a parenting plan.

If you found yourself circling "1" or "2" on multiple pages, that is normal.

Clarity rarely happens by accident.

It is built intentionally.

Parenting Plan Design Session

This is a structured joint session focused entirely on building the architecture of your parenting plan.

During this session, we:

- Translate your reflections into a durable framework
- Clarify schedule rhythm
- Define decision-making structure
- Identify foreseeable pressure points
- Reduce ambiguity before drafting

After the session, you receive:

- A detailed written structural summary
- Clear language ready to incorporate into your separation agreement
- Defined next steps for drafting or mediation

These sessions typically take 1.5 - 2 hours

Strong parenting plans are not rushed. They are designed.

If you are ready to move from reflection to structure, the next step is to design your parenting plan intentionally.

Clarity reduces conflict.

Structure reduces ambiguity.

Foresight protects children.

Book Your Parenting Plan Design Session

To schedule your session, visit:

www.allistonresolutions.com

Or contact:

Michelle (705) 770 - 7479
allistonresolutions@gmail.com

Michelle is very knowledgeable. She thoroughly explained and answered any questions we had throughout this process.

-Jennifer B.