

**TOOLS FOR CREATING PARENTING SCHEDULE**

<b>HOLIDAY</b>	<b>TIME</b>	<b>DAD</b>	<b>MOM</b>
<b>Passover</b>			
<b>Good Friday</b>			
<b>Easter Sunday</b>			
<b>Mother's Day</b>			
<b>Memorial Day</b>			
<b>Father's Day</b>			
<b>July 4<sup>th</sup></b>			
<b>Labor Day</b>			
<b>Rosh Hashana</b>			
<b>Yom Kippur</b>			
<b>Halloween</b>			
<b>Thanksgiving Day/Weekend</b>			
<b>Christmas Eve</b>			
<b>Christmas Overnight</b>			
<b>Christmas Day</b>			
<b>New Years Eve overnight</b>			

<b>New Years Day</b>			
<b>Child Birthday</b>			
<b>Child Birthday</b>			
<b>Child Birthday</b>			
<b>Parent Birthday</b>			
<b>Parent Birthday</b>			
<b>Grandparent Birthday</b>			
<b>Special Family Events</b> <i>e.g., Family Reunions</i>			

### **Some Suggestions for Developing Holiday Parenting Schedules:**

**Holidays with multiple celebration days:** Some holidays, like Christmas, Easter and Passover have 2 celebration days. For example, “Christmas” can be divided up with Christmas Eve and Christmas Day, “Easter” may be divided with Good Friday and Easter Sunday, and Passover may be divided with first night Seder and second night Seder. Other holidays, like Halloween, are also celebrated during the season with parties and events in addition to the actual date. While one day might be more widely celebrated, the second day also gives the other parent an opportunity to be involved in the holiday each year, even if he or she doesn’t have the “primary” day in that particular year.

**Federal holidays:** In the case of Federal holidays, which are generally celebrated on a Monday, many parents elect to extend the previous weekend by 24 hours. Also, if only one parent has off from work on Federal holidays (e.g, President’s Day).

**Children’s birthdays:** Children’s birthdays may or may not supercede the regular parenting plan. Some parents prefer to give each other the opportunity to both see the child on his or her birthday. Other parents split the birthday with the actual day to one parent, and the party which will be held on the weekend before or after the child’s birthday to the other parent, alternating each year. Talking in advance about whether you’ll invite each other, both extended families, and/or new partners to the child’s party, and how you’ll handle stress surrounding this mix of relatives and friends can make the event go more

smoothly.

**Alternating holidays each year:** Many parents alternate holidays, with one parent having a holiday in even-numbered years, and the other having the children in odd-numbered years. Or, if one family has a special event held each year (e.g., Uncle Fred's 4<sup>th</sup> of July Picnic), one parent may have the children on that holiday each year and the other parent has the children on another holiday each year. This allows you to create family traditions that are repeated each year.

**Parent birthdays:** Many parents elect to use the following language: At the birthday parent's option: children are with the birthday parent or with the other parent, with 48 hours' notice.