

PRIMARY PHYSICAL CUSTODY

“Standard” Visitation – Examples

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Mom	Mom	Dad	Mom	Dad	Dad	Dad
2	Mom	Mom	Dad	Mom	Mom	Mom	Mom
3	Mom	Mom	Dad	Mom	Dad	Dad	Dad
4	Mom	Mom	Dad	Mom	Mom	Mom	Mom

Pros

- For children over age 7, who understand the concept of a week, this is a predictable schedule.
- Allows for flexibility with either Sunday evening or Monday morning return to school and mid-week time to the other parent for either overnights or evenings only.

Cons

- The non-custodial parent goes 6 days every other week w/out seeing the children.
- For children under 7, who don't yet understand the concept of a week, this may be too much time away from the non-custodial parent unless other means are used to stay in contact or times are made available either during the school day, during daycare hours or by way of involvement extra-curricular activities.

Standard Visitation with additional weekday time to the other parent after the custodial parent's weekend.

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Dad	Dad	Mom	Mom	Dad	Dad	Dad
2	Mom	Dad	Mom	Mom	Mom	Mom	Mom
3	Dad	Dad	Mom	Mom	Dad	Dad	Dad
4	Mom	Dad	Mom	Mom	Mom	Mom	Mom

Pros

- The non-custodial parent has continuous weekday time to be involved in the children's homework routines without substantially increasing the number of transitions between the parents' households.
- For children between ages 5 and 7, who understand the concept of 'the day after tomorrow,' they are not separated from the custodial parent for more time than they can conceptualize.

Cons

- Twice a month a child aged 5-7 is separated from the non-custodial parent one or two days more than they can conceptualize. In such cases, you may want to consider adding dinner on Thursday prior to mother's weekend as well as other times suggested above.

JOINT PHYSICAL CUSTODY

Split Week Plan for parents sharing children on weekdays and weekends

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Dad	Dad	Mom	Mom	Dad	Dad	Dad
2	Dad	Dad	Mom	Mom	Mom	Mom	Mom
3	Dad	Dad	Mom	Mom	Dad	Dad	Dad
4	Dad	Dad	Mom	Mom	Mom	Mom	Mom

Pros

- Works for children under age 5 who have equally good attachment to both parents.
- Works for temperamentally even-keeled children between ages of 5 to 12.
- This is a regularly recurring and consistent plan.

Cons

- Particularly for children under age 5, this plan may require the child to be away from the more involved parent for excessive periods of time.
- Conflict saturated transitions between parents' households are stressful particularly for immature and learning and/or emotional disabled children.

Alternating Week Plan for parents who want uninterrupted time with their children.

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Mom	Mom	Mom	Mom	Mom	Mom	Mom
2	Dad	Dad	Dad	Dad	Dad	Dad	Dad
3	Mom	Mom	Mom	Mom	Mom	Mom	Mom
4	Dad	Dad	Dad	Dad	Dad	Dad	Dad

Pros

- Works for children over age 7, who understand the concept of a "week" and "month."
- This plan may be preferred by teens and pre-teens who require fewer transitions.

Cons

- The child may express or experience the need to have mid-week contact with the other parent.
- Though this may be viewed as an interruption, it is highly recommended particularly for children under age 7, to have at least one face-to-face contact with the non-custodial parent, preferably at school if possible.