

SUPERIOR COURT OF CALIFORNIA, COUNTY OF FRESNO FAMILY COURT SERVICES

Balanced Visitation Schedules

Alternate 1-week:

- One exchange each week
- Allows full weekends with each parent
- Allows both parents to be involved in the school week
- Best for children over the age of 5 due to the long periods away from each parent
- Requires strong Co-Parenting skills to help maintain communication throughout the week

Alternating One-Week **Example:** exchanges on Sunday at 7pm - Pick the best day and time for your family

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Split Week with Alternating Weekends:

- Three exchanges each week
- Shorter custodial periods away from either parent: 5 nights maximum (best for children over the age of 4)
- Allows full weekends with each parent
- Allows both parents to be involved in the school week
- Consistent schedule (Monday – Wednesday always with Parent 1 and Wednesday through Friday always with Parent 2). Helps when scheduling extracurricular activities.

Split week with Alternating Weekends						
Exchanges on Monday morning, Wednesday morning and Friday morning (example: at the start of the school day or 8am if there is no school)						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

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Rotating Two-Day:

- Three exchanges each week
- Short periods with each parent: 2 nights maximum.
- Good visitation plan for very young children who need frequent and consistent contact with both parents without extended periods away from either parent
- Neither parent will have a full weekend

Rotating 2 days		Example: Exchange every two day at 7:00 p.m.				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday