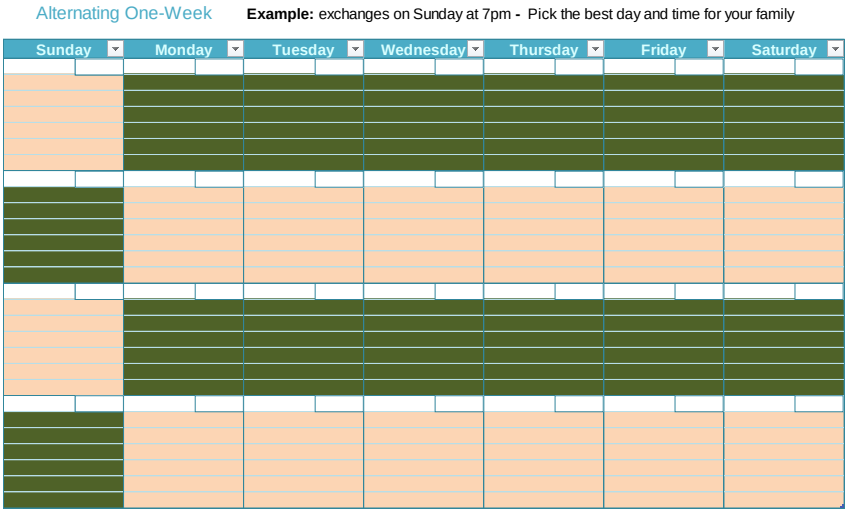
Balanced Visitation Schedules

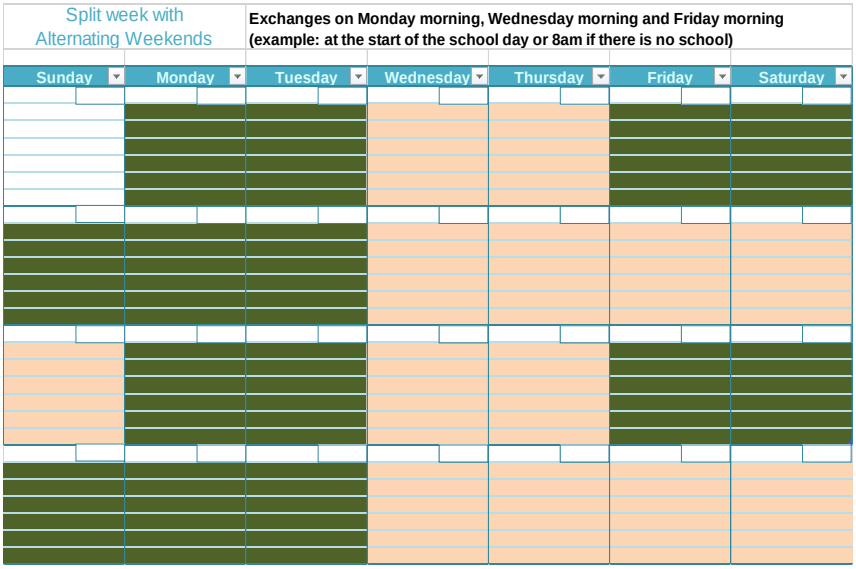
Alternate 1-week:

- 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



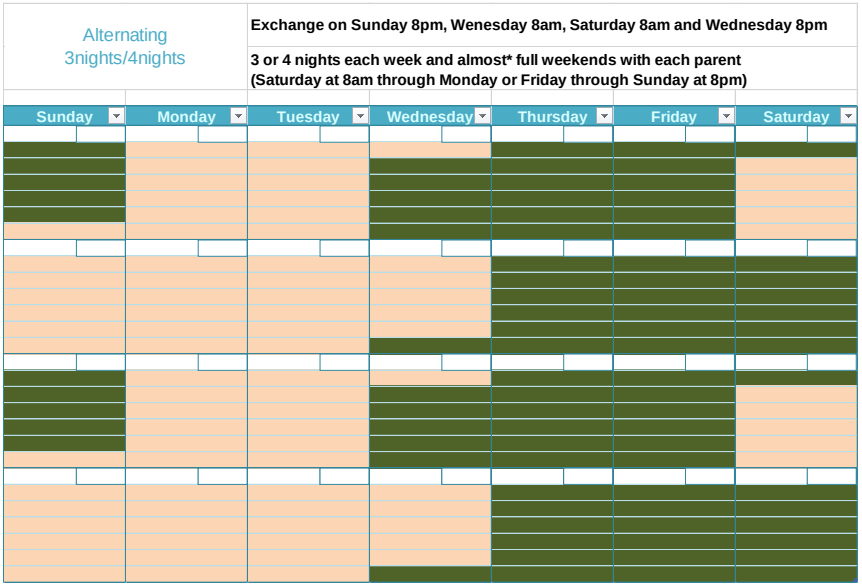
Split Week with Alternating Weekends:

- 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.



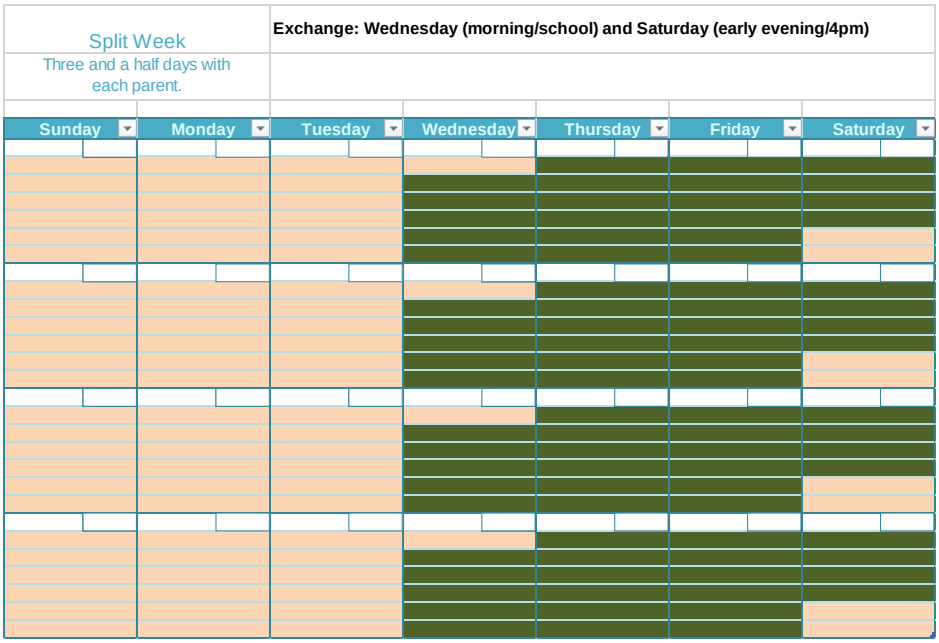
Alternating 3nights/4nights:

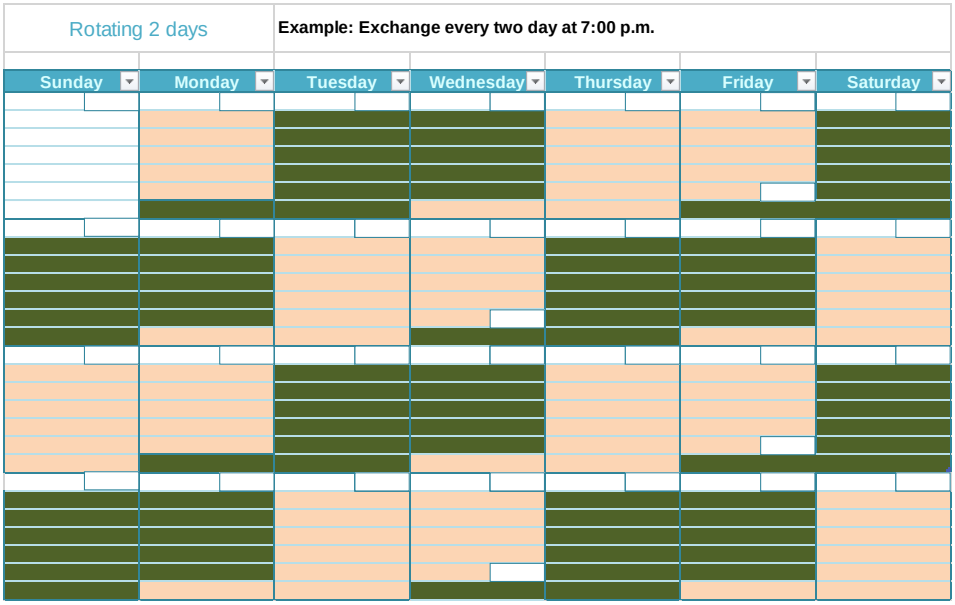
- Two exchanges each week
- Short periods with each parent : 4 nights maximum (Best for children 3 years of age and older)
- Allows full weekends with each parent
- Allows both parents to be involved in the school week



Split week:

- Two exchanges each week
- Short periods with each parent : 4 nights maximum (Best for children 2 years of age and older)
- Neither parent will have a full weekend. However, each parent will have one non-school night and one weekend day each week
- Parents can add a provision to allow each of them a full weekend every 60 days.



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