

COVID Co-Parenting Checklist

As long as the COVID virus remains an issue, parents living apart must update their parenting plans to keep their children safe and meet their health, schooling, social, and athletic needs as well as possible. This checklist lists topics to discuss. Space is available below to add other topics as needed. Use the blank **Co-Parenting Calendar** worksheet on page 5 to help determine schedules and locations.



COVID PARENTING PLAN

Your pre-COVID parenting plan may not work now. Below are critical aspects that may have to be adjusted. Here's a more thorough [Parenting Plan Checklist](#) to help you sort through a wide variety of issues.

	<input type="checkbox"/> Parenting plan changes A typical 50:50 plan where the children split their time between parents may no longer work. Issues to reconsider: <ul style="list-style-type: none"> <input type="checkbox"/> When, where, how they go to school (see next section below). If a child spends most of their daylight hours at one house because of schooling, going to the other parent's house just for dinner or the evening may be too much hassle. <input type="checkbox"/> How vacations, holidays are spent. <input type="checkbox"/> Communication with child while he/she is at the other parent's home: Skype, Zoom, FaceTime, email, photos. <input type="checkbox"/> How the parents communicate changes and solve problems. Mediation if necessary / covering the costs. <input type="checkbox"/> Health care: Accompanying child to doctor <input type="checkbox"/> Grandparents and extended family Travel 		<input type="checkbox"/> Child-care changes Child-care options are quite limited now. All-day options for preschoolers and wrap-around programs for school-aged kids are less available. <p><i>Options being pursued:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Child-care providers who will come to a home (or alternate between homes). <input type="checkbox"/> Someone to support parents working from home to supervise children, possibly provide outdoor activities. <p>For many, child-care expenses were quite small because kids were in school full-time. Now, supervision is an added expense in a difficult economic time.</p>
	<input type="checkbox"/> Child support changes <ul style="list-style-type: none"> <input type="checkbox"/> Which parent a child spends time with when, how much, and how often may now be changing. <input type="checkbox"/> That may affect expenses as well, such as child care (see above) 		<input type="checkbox"/> Pet management <ul style="list-style-type: none"> <input type="checkbox"/> Are there any changes needed concerning the family pet? For example, does it still stay with one parent or accompany the children?
	<input type="checkbox"/>		<input type="checkbox"/>

	<h2 style="text-align: center;">CHILD EDUCATION AT SCHOOL / PRESCHOOL</h2> <p style="text-align: center;">Please follow your school district's guidance.</p>			
	<input type="checkbox"/>	<p>Family transportation Determine drop-off / pickup times and locations if parent(s) handle transportation. Establish schedule for parents and/or other caregivers involved. Remind all adults of COVID hygiene rules for family/caregiver vehicles.</p>		<p><input type="checkbox"/> School buses As with a regular parenting plan, determine the bus schedules and routes established by the relevant schools. Determine which buses each child will take to/from school from each parent's location. Develop a plan that covers a child missing a school bus either way.</p>
	<input type="checkbox"/>	<p>School/teacher communication Each parent must monitor communications with each school. This is particularly important to become aware if quarantine is declared (see COVID RULES above), school is closed, etc. Also maintain communication with teachers regarding their expectations of parents (if any).</p>		<p><input type="checkbox"/> School COVID hygiene policies <i>Will children be required to wear face masks? If so, who provides them? If your child needs a replacement mask due to loss / damage / dirt, who at the school will provide a fresh mask? Will teachers wear face masks? What are the schools' COVID-hygiene policies for staff? Visitors to school? Field trips (if any)?</i></p>
	<input type="checkbox"/>			<input type="checkbox"/>
	<h2 style="text-align: center;">CHILD EDUCATION AT HOME</h2> <p style="text-align: center;">Even if the school provides online access to teachers and materials, most children cannot successfully complete schoolwork online without the accountability and support parental involvement provides. Resources are provided below to help a family organize its approach to learning and set up a home environment that supports it.</p>			
	<input type="checkbox"/>	<p>Overview of your children's education during COVID</p> <ul style="list-style-type: none"> <input type="checkbox"/> When and where will they learn. <input type="checkbox"/> Who will teach them. <input type="checkbox"/> Who will supervise their learning. <input type="checkbox"/> How will their learning be assessed. <input type="checkbox"/> Costs for additional (optional) materials: DVDs, online classes, books, virtual tutors, etc., and who pays for them. 		<p><input type="checkbox"/> Create your family's learning plan</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read through resources linked to above. <input type="checkbox"/> Choose the right curriculum. <input type="checkbox"/> Decide on your school schedule. If your child moves back-and-forth between two homes, this can get complicated. <p>Have a plan for your school year: Topics, books, activities, other materials.</p>
	<input type="checkbox"/>			<input type="checkbox"/>



RULES TO PREVENT CONTRACTING COVID OR SPREADING IT TO OTHERS

	<input type="checkbox"/> <p>Children stay in one home / move between homes? Does the current arrangement need to change due to the pandemic? If children move between parents' homes, parents need to agree on COVID hygiene to be followed in both places.</p>		<input type="checkbox"/> <p>Transportation COVID Precautions <i>Family Vehicles:</i> All riders wear face? Keep hand sanitizer in vehicle and use every time vehicle is entered? Wipe door handles, steering wheel, gear shift? <i>Caregiver Vehicles:</i> Same rules as family vehicles? <i>School Buses:</i> Children to wear face masks?</p>
	<input type="checkbox"/> <p>COVID rules for each parent or other adult regularly involved with child Does each adult agree to wear a face mask and practice social distance outside their home and at their outside workplace (if any)?</p>		<input type="checkbox"/> <p>COVID rules for each parent's home Disinfect home regularly? Keep fresh face masks on hand? <i>Policy for all visitors to parent's home:</i> Who can come in (child care, tutor, caregivers, adult friends, children's friends, relatives, repair people)? Face masks required while visiting? Social distancing required? No parties?</p>
	<input type="checkbox"/> <p>COVID rules for children Always wear face mask, maintain social distancing when leaving the home? Where are they allowed to go (school, friends' homes, homes of relatives, stores, parks, swimming, etc.)? If accompanied by a caregiver, they must wear a face mask / social distance also?</p>		<input type="checkbox"/> <p>If a child or parent must quarantine Quarantine after exposure to COVID requires total isolation from others for 14 days. It requires substantial changes to normal living arrangements and other needs. See "Precautionary Quarantine Requirements" section on "NYS COVID-19 Travel Advisory" page. Also consider a plan to handle the situation if one parent or both become ill due to COVID, flu, or anything else that makes them unable to parent.</p>
	<input type="checkbox"/>		<input type="checkbox"/>



PARENTING SCHEDULE NOTES

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