

Propose a child arrangements plan

This form helps two people work out their child arrangements without having to go to court.

How to use this form

1. Fill out the form saying what arrangements you would like
2. Let the other parent or carer add their response
3. Make compromises until you reach agreement

Other ways to work out child arrangements

If you don't want to use this form you can instead:

- use the online version of this service on GOV.UK
- find a similar service, such as the CAFCASS parenting plan or the Scottish Government's parenting plan
- make a written plan of your own without using any service or template
- get the help of a mediator

The benefits of getting a written agreement in place

If you the other parent or carer can work together to make written child arrangements, you're more likely to avoid court. You're also more likely to get an arrangement that works for you. That's because people who go to court often find the judge makes decisions that don't suit parents or children.

Top tips

- One of the main reasons people end up in court is that they are not willing to compromise to reach agreement. It may help you avoid court if you can work together to find a compromise that's best for your children.
- Get your children's input into the arrangements you are making so that they feel included and their needs are met.
- Remember to always put your children's needs and feelings first.
- It may not be in the children's best interests to split time exactly between households.

Proposed child arrangements

Other things

What other things matter to your children?

You may want to agree things such as:

- religious practices, diet, and standard rules across both households
- extra-curricular activities, such as swimming lessons
- access to other friends and family
- other types of contact, such as video calls

Enter your name and response to this question in one of the boxes. The other parent should enter their response in the other box.

Parent name:

Parent name:

You can use this space to write your agreed compromise for this question.

Proposed child arrangements

If there is a court order in place

If you have an order in place that sets out restrictions on contact with your children or ex-partner, you should find a different way to make your child arrangements.

This type of order may include:

- a prohibited steps order
- a specific issue order
- a non-molestation order
- a no contact order

Check any legal documents sent to you by a court to see whether you have any of these types of restrictions.

If you have one of these types of order, stop now. You will need to find a different way to agree your child arrangements.

If you do not have any restrictions on contact

If you do not have any restrictions on contact with your children or ex-partner, you can use this service.

You can use this service to change child arrangements given to you by a court, so long as the other parent or carer agrees with the changes. You do not need to go back to court to change your arrangements. However, a court can only enforce the child arrangements that are in your court order.

Proposed child arrangements

About this child arrangements proposal

Who this child arrangements proposal is for

Child 1 (first name)

Child 2 (first name)

Child 3 (first name)

Child 4 (first name)

If there are more than 4 children, you can attach a separate sheet

The adults who will care for the children

Your first name

If you are answering these questions for someone else, enter their first name

First name of the other parent or carer

Proposed child arrangements

Living and visiting

Where will the children mostly live?

Options include:

- The children will mostly live with you
- The children will mostly live with the other parent or carer
- They'll split time between both households

Tip: An exact split of time between two households does not always suit child's best interests.

Enter your name and response to this question in one of the boxes. The other parent should enter their response in the other box.

Parent name:

Parent name:

You can use this space to write your agreed compromise for this question.

Proposed child arrangements

Which schedule best meets the children's needs?

What timetable are you proposing for overnight stays, daytime visits and weekends at the other household?

Tip: It may not be in the children's best interests to split time exactly between households.

Here are some common schedules that can benefit children.

Alternating weeks
The children will spend one week in one household and the next week in the other.

2-2-3 schedule
Children spend two days in one household, two days in the other, then back to the first house for 3 days including the weekend.

4-4-3 schedule
Children spend three days in one household then four days in the other. The next week they switch.

2-2-5-5 schedule
Children spend two days in one household, then two days in the other. After that they spend five days in one household, then five days in the other.

Enter your name and proposed schedule in one of the boxes. The other parent should enter their response in the other box.

Parent name:

Parent name:

You can use this space to write your agreed compromise for this question.

Proposed child arrangements

Handovers and holidays

How will the children get between households?

Enter your name and response to this question in one of the boxes. The other parent should enter their response in the other box.

Parent name:

Parent name:

You can use this space to write your agreed compromise for this question.