

PARENTING PLAN SUMMARY

Jane - and - **John**

REGARDING THE CHILD(REN): Samuel, Paulina

Prepared on February 26, 2026 by Bridges Parenting

1. TIME-SHARING STATISTICS

JANE

50.0%

JOHN

50.0%

WEEKLY EXCHANGES

3.0 / wk

2. REGULAR PARENTING SCHEDULE

Commencing on **Monday, February 23, 2026**, the parties shall share parenting time based on a **14-day repeating rotation**. One complete cycle is defined by the following standard exchanges:

- **Jane** assumes care from **Week 1 Monday at 9:00 a.m.** until **Week 1 Tuesday at 9:00 a.m.**.
- **John** assumes care from **Week 1 Tuesday at 9:00 a.m.** until **Week 1 Friday at 9:00 a.m.**.
- **Jane** assumes care from **Week 1 Friday at 9:00 a.m.** until **Week 2 Monday at 9:00 a.m.**.
- **John** assumes care from **Week 2 Monday at 9:00 a.m.** until **Week 2 Tuesday at 9:00 a.m.**.
- **Jane** assumes care from **Week 2 Tuesday at 9:00 a.m.** until **Week 2 Friday at 9:00 a.m.**.
- **John** assumes care from **Week 2 Friday at 9:00 a.m.** until **Week 1 Monday at 9:00 a.m.**, at which point the rotation cycle repeats.

3. SPECIAL OCCASIONS & EXCEPTIONS

The regular parenting schedule detailed above shall be superseded by the following specific exceptions and special occasions. Where a conflict occurs, these exceptions take priority:

- **Paulina's Birthday:** The children shall be in the care of **Jane** starting **Thursday, May 21 at 9:00 AM** until **Friday, May 22 at 9:00 AM**. This schedule applies in even-numbered years. In odd-numbered years, the children shall be in the care of John for this period.
- **Mother's Day:** The children shall be in the care of **Jane** starting **Sunday, May 10 at 9:00 AM** until **Sunday, May 10 at 8:30 PM**. This schedule applies every year.
- **Father's Day:** The children shall be in the care of **John** starting **Sunday, June 21 at 9:00 AM** until **Sunday, June 21 at 8:30 PM**. This schedule applies every year.
- **Halloween:** The children shall be in the care of **Jane** starting **Saturday, October 31 at 9:00 AM** until **Saturday, October 31 at 9:00 PM**. This schedule applies in even-numbered years. In odd-numbered years, the children shall be in the care of John for this period.
- **Samuel's Birthday:** The children shall be in the care of **Jane** starting **Friday, January 9 at 9:00 AM** until **Friday, January 9 at 8:00 PM**. This schedule applies in even-numbered years. In odd-numbered years, the children shall be in the care of John for this period.

4. PARENTING RULES & PROVISIONS

DECISION-MAKING & AUTHORITY

1. Each parent shall make day-to-day decisions (e.g., diet, hygiene, social activities, chores) while the children are in their care, provided those decisions do not conflict with major decisions made jointly.
2. The parents shall have joint decision-making responsibility. They shall consult with each other and attempt to reach a consensus on all major decisions affecting the children's health, education, religious upbringing, and significant extracurricular activities.
3. Notwithstanding any joint authority, each parent has the authority to consent to emergency medical treatment required for the children while in that parent's care. The other parent must be notified as soon as reasonably possible, and no later than **2** hours after the event.

EDUCATION & SCHOOLS

1. Both parents shall be listed as primary contacts with the school. Both are entitled to receive report cards, attend parent-teacher interviews (together or separately), and be notified of school events and emergencies.
2. Neither parent shall register the children for an activity that requires the participation or transportation of the other parent without that parent's written consent.
3. Both parents are encouraged to attend the children's public performances and sporting events, regardless of whose parenting time it is, provided the children's focus remains on the activity.

HEALTHCARE & MEDICAL

1. All prescription medications must be sent with the children in the original pharmacy packaging. The parent exercising parenting time shall ensure the dosage and schedule are strictly followed as per the doctor's instructions.
2. The children shall continue to see **their current dentist** for dental care and **their current pediatrician** for primary medical care. Changes to providers must be agreed upon in writing.

TRAVEL & RELOCATION

1. A parent traveling internationally with the children must provide: 1. A full itinerary, 2. Flight numbers, 3. Emergency contact numbers, and 4. Destination addresses at least **30** days prior to departure.
2. The children's passports shall be kept by . They shall be delivered to the traveling parent **7** days before travel and returned within **3** days of arrival home.
3. Neither parent shall move the residence of the children outside of **the current municipality** without **60** days written notice and either the written consent of the other parent or a Court Order.

EXCHANGES & LOGISTICS

1. When school is in session, transitions shall occur at school. The parent ending their time drops the child at school; the parent starting their time picks the child up from school.
2. The children shall be sent with sufficient clean clothing for the duration of the visit, plus one extra set. All toys, electronics, and clothing sent shall be returned at the end of the parenting time.

HOLIDAYS & SPECIAL OCCASIONS

1. Notwithstanding the regular or holiday parenting schedule, both parents shall be permitted to attend and jointly participate in Halloween trick-or-treating with the children. The parent exercising care and control of the children on October 31st, or for Halloween evening specifically, shall have the authority to determine the location or neighborhood for trick-or-treating.

SAFETY & SUPERVISION

1. If a parent is unable to personally care for the children for a period exceeding **8** hours, they must offer the other parent the opportunity to care for the children before contacting a third party.

COMMUNICATION RULES

1. Neither parent shall monitor, record, or interrupt the children's communications with the other parent, nor shall they use the children to "spy" or relay messages.

LIFESTYLE & CONDUCT

1. Neither parent shall consume alcohol to the point of impairment, nor use cannabis or any non-prescribed drugs, during their parenting time or within **12** hours prior to its commencement.
2. The parents shall not speak negatively about each other, the other's family, or the other's partner in the presence of the children. They shall exert every effort to foster a child's relationship with the other parent.
3. No romantic partner shall be introduced to the children until the relationship has existed for **6** months. The other parent shall be notified **7** days before the introduction.

DISPUTE RESOLUTION

1. In the event of a dispute regarding this Parenting Plan, the parents agree to attend mediation with **Agreed Mediator** for at least **1** session(s) before seeking a Court Order.

ADDITIONAL PROVISIONS

1. Custom Clause:

The family dog Rover will move back and forth with the children at parenting exchanges. Each parent will be responsible for the cost of food for Rover when he is with them. The parties will share Rover's veterinarian bills equally and will consult with one another in advance of veterinarian visits or if emergency medical care is required for Rover.

NOTICE & DISCLAIMER

This Parenting Plan Summary was prepared to reflect the current scheduling intentions of the parties. It arises out of collaborative negotiations between the parties, their counsel, or in the course of mediation. This summary is drafted on a without prejudice basis and is not a legally binding contract. Both parties are strongly encouraged to obtain Independent Legal Advice (ILA) prior to executing a formal Separation Agreement or submitting a Consent Order to the court.

APPENDIX: VISUAL SCHEDULE

■ Jane □ John

FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9am	3 9am	4	5	6 9am	7
8	9 9am	10 9am	11	12	13 9am	14
15	16 9am Family Day	17 9am	18	19	20 9am	21
22	23 9am	24 9am	25	26	27 9am	28

MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9am	3 9am	4	5	6 9am	7
8	9 9am	10 9am	11	12	13 9am	14
15	16 9am	17 9am	18	19	20 9am	21
22	23 9am	24 9am	25	26	27 9am	28
29	30 9am	31 9am				

APRIL 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 9am Good Friday	4 Jane's Birthday
5	6 9am Easter Monday	7 9am	8	9	10 9am	11
12	13 9am	14 9am	15	16	17 9am	18
19	20 9am	21 9am	22	23	24 9am	25
26	27 9am	28 9am	29	30		

MAY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9am	2
3	4 9am	5 9am	6	7	8 9am	9
10 9am	11 8:30pm	12 9am	13	14	15 9am	16
Mother's Day						
17	18 9am	19 9am	20	21 9am	22 9am	23
	Victoria Day			Paulina's Birthday		
24	25 9am	26 9am	27	28	29 9am	30
31						

JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9am	2 9am	3	4	5 9am	6
7	8 9am	9 9am	10	11	12 9am	13
14	15 9am	16 9am	17	18	19 9am	20
21 9am	22 8:30pm	23 9am	24	25	26 9am	27
Father's Day						
28	29 9am	30 9am				

JULY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Canada Day	2	3 9am	4
5	6 9am	7 9am	8	9	10 9am	11
12	13 9am	14 9am	15	16	17 9am	18
19	20 9am	21 9am	22	23	24 9am	25
26 John's Birthday	27 9am	28 9am	29	30	31 9am	

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 9am Heritage Day	4 9am	5	6	7 9am	8
9	10 9am	11 9am	12	13	14 9am	15
16	17 9am	18 9am	19	20	21 9am	22
23	24 9am	25 9am	26	27	28 9am	29
30	31 9am					

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9am	2	3	4 9am	5
6	7 9am Labour Day	8 9am	9	10	11 9am	12
13	14 9am	15 9am	16	17	18 9am	19
20	21 9am	22 9am	23	24	25 9am	26
27	28 9am	29 9am	30 Youth & Reconciliation			

OCTOBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 9am	3
4	5 9am	6 9am	7	8	9 9am	10
11	12 9am Thanksgiving	13 9am	14	15	16 9am	17
18	19 9am	20 9am	21	22	23 9am	24
25	26 9am	27 9am	28	29	30 9am	31 9am Halloween

NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9am	3 9am	4	5	6 9am	7
8	9 9am	10 9am	11	12	13 9am	14
15	16 9am	17 9am	18	19	20 9am	21
22	23 9am	24 9am	25	26	27 9am	28
29	30 9am					

DECEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9am	2	3	4 9am	5
6	7 9am	8 9am	9	10	11 9am	12
13	14 9am	15 9am	16	17	18 9am	19
20	21 9am	22 9am	23	24	25 9am	26
				Christmas Eve	Christmas Day	Boxing Day
27	28 9am	29 9am	30	31		
				New Year's Eve		

JANUARY 2027

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9am New Year's Day	2
3	4 9am	5 9am	6	7	8 9am	9 9am Samuel's Birthday 8p
10	11 9am	12 9am	13	14	15 9am	16
17	18 9am	19 9am	20	21	22 9am	23
24	25 9am	26 9am	27	28	29 9am	30
31						