COVID-19 Co-Parenting Terms Checklist

COVID-19 has created many unique co-parenting challenges. This checklist will help you make sure that you and your co-parent are prepared to handle the challenges faced while parenting during a pandemic.

- ☐ **List:** Make a list of the risk factors and obstacles to parenting time during COVID-19 for both households

- ☐ **Shared Guidelines:** Create a set of shared household guidelines for hygiene and activities for the children to reduce the risk of spreading COVID-19 between households

- ☐ **Remote Learning:** Clearly define modifications that should be made for remote learning and changes to school breaks due to COVID-19

- ☐ **When is it Not Safe for Parenting Time:** Decide with your co-parent when your normal parenting time schedule is no longer safe due to the risks of COVID-19

- ☐ **How Will Parenting Time be Modified**: Create an alternate parenting time schedule to address COVID-19 concerns and be clear about when the normal schedule will resume

- ☐ **Stay Connected:** Guarantee virtual parenting time via Skype, FaceTime, etc. and include make-up parenting time for the parent who will not have physical parenting time during the modified schedule

- ☐ **What if Someone Tests Positive for COVID-19:** Have a plan of action if the children or a member of either household gets sick

- ☐ **Who Will Make Decisions:** Clearly define who will make decisions for the children during COVID-19 if one or both parents are ill

- ☐ **Plan for the Unimaginable:** Have a plan for who will care for the children if both parents fall ill

- ☐ **Know What to do if You Can't Agree:** Have a plan if you and your co-parent can't agree on COVID-19 decisions, such as attending mediation (or any neutral, third party support) to resolve any disputed issues