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A parenting plan is a written document that outlines how parents will raise their child after separation or divorce. You may have heard of legal terms such as “custody” and “access” used to refer to these arrangements. A parenting plan doesn’t have to use legal terms. Above all, it should reflect the interests and the needs of the child. A parenting plan can also help to reduce conflict between parents by setting out clear guidelines and expectations. There may be some issues in the checklist that do not apply to your situation and there may be others not listed that are unique to your situation. [Learn more](#)

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