



GO DIVORCE CLINIC®

THE END OF THE UGLY DIVORCE

Common Parenting Schedules

A reference guide for parents

Parenting schedules can be arranged in many different ways. The examples below show several commonly used scheduling patterns. They are illustrations only, not recommendations. Parents may use, modify, combine, or disregard these examples as they work toward an arrangement they both understand and can carry out.

1. Alternating Weeks — 50/50

How It Works

One parent has seven consecutive overnights, followed by seven consecutive overnights with the other parent. The exchange day and time are determined by the parents.

Two-Week Example

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	A	A	A	A	A	A	A
2	B	B	B	B	B	B	B

A = Parent A B = Parent B

Things to Notice

- One regular exchange each week.
- Each parent has a longer uninterrupted block of parenting time.
- Each child spends a longer consecutive period away from the other household.

2. 2-2-5-5 — 50/50

How It Works

One parent has the same two weekday overnights each week, the other parent has the other two weekday overnights, and the Friday-through-Sunday block alternates.

Two-Week Example

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	A	A	B	B	A	A	A
2	A	A	B	B	B	B	B

A = Parent A B = Parent B

Things to Notice

- The same parent has the same weekday overnights each week.

- Weekend blocks alternate.
- There are more transitions than with alternating weeks.

3. 2-2-3 — 50/50

How It Works

The child spends two overnights with one parent, two with the other, and then three with the first parent. The pattern reverses the following week.

Two-Week Example

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	A	A	B	B	A	A	A
2	B	B	A	A	B	B	B

A = Parent A B = Parent B

Things to Notice

- Parenting time changes hands several times during a two-week cycle.
- Neither household has a seven-day block.
- The weekday pattern changes from one week to the next.

4. 3-4-4-3 — 50/50

How It Works

Parenting time is arranged in alternating three- and four-night blocks so that each parent has seven overnights during the two-week cycle.

Two-Week Example

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	A	A	A	B	B	B	B
2	B	B	B	B	A	A	A

A = Parent A B = Parent B

Things to Notice

- Parenting time is organized in three- and four-night blocks.
- The pattern changes from one week to the next.
- Each parent has seven overnights during the two-week cycle.

5. 4-3 — Approx. 60/40

How It Works

One parent has four overnights each week and the other parent has three. The same basic weekly pattern then repeats.

Two-Week Example

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	A	A	A	A	B	B	B
2	A	A	A	A	B	B	B

A = Parent A B = Parent B

Things to Notice

- The schedule repeats on the same days each week.
- One parent has four weekly overnights and the other has three.
- The structure creates a consistent weekly routine.

6. Every Extended Weekend — Approx. 60/40

How It Works

One parent has the school-week portion of the schedule, while the other parent has an extended weekend each week. The exact beginning and ending days can be set by the parents.

Two-Week Example

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	A	A	A	B	B	B	B
2	A	A	A	B	B	B	B

A = Parent A B = Parent B

Things to Notice

- One household has most of the school-week overnights.
- The other household has a recurring extended weekend.
- The same basic pattern repeats each week.

7. Every Weekend — Approx. 70/30

How It Works

One parent has most weekday overnights, while the other parent has parenting time every weekend.

Two-Week Example

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	A	A	A	A	A	B	B
2	A	A	A	A	A	B	B

A = Parent A B = Parent B

Things to Notice

- One household has most weekday overnights.
- The other household has a regular block every weekend.
- The weekly pattern is consistent.

8. Alternating Extended Weekends — Approx. 80/20

How It Works

One parent has most overnights. The other parent has an extended weekend every other week.

Two-Week Example

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	A	A	A	A	B	B	B
2	A	A	A	A	A	A	A

A = Parent A B = Parent B

Things to Notice

- One household has most school-week and weekend overnights.
- The other household has a recurring extended block every other week.
- The schedule has fewer exchanges than arrangements that rotate several times each week.

Holidays and Special Days

A repeating weekly schedule does not answer every calendar question. When creating your parenting plan, make sure you also address the holidays and special days that matter to your family.

- Thanksgiving
- Winter break
- Spring break
- Children's birthdays
- Mother's Day and Father's Day
- Vacations and other special family dates

Using These Examples

These schedules are examples, not recommendations. GDC does not determine which parenting schedule is appropriate for your family. You and the other parent may use, modify, combine, or disregard these examples as you work toward an arrangement you both understand and can carry out.

The decisions remain yours. GDC provides the structure for recording them.

GDC is not a law firm and does not provide legal advice. This resource is general educational information for GDC Portal users and is not a recommendation concerning custody, parenting time, or any particular parenting schedule.