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Co-parenting agreement

# Joint child/children

*Write the child’s or children’s* ***name(s)*** *and* ***date(s)******of birth*** *in the fields below.*

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# Parents

*Write your own names in the fields below.*

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# Parental responsibility, residence and contact

Specify what you have agreed in terms of parental responsibility for your joint child(ren), as well as where your child or children will have their registered address.

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| Only parents who have parental responsibility can have child(ren) registered as resident at their address in the National Population Register. | |
| **Parental responsibility**  You may choose to have shared parental responsibility or for one parent to have sole parental responsibility. | *Specify who will have parental responsibility for the child(ren).* |
| **Residence and contact**  You may agree that the child shall reside with both of you (divided residence) or reside with one of you and have contact with the other. | *Specify where the child or children shall have their residence.* |
| **Registered address**  Children may have only one registered address in the National Population Register.   * It is common for the child to be registered at the address where they have their residence. * If you have agreed on divided residence for your child, you must choose the address of one parent. | *Specify the child’s registered address.* |

Time schedule

## Ordinary time schedule

In the field below, you can describe the main principles of how time with the child or children will be distributed under ordinary circumstances.

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## Weekly schedule

*You may create a shared weekly schedule for all children, or separate weekly schedules for each child.*

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| Week 1 |  |  |  |  |  |  |  |
| Week 2 |  |  |  |  |  |  |  |
| Week 3 |  |  |  |  |  |  |  |
| Week 4 |  |  |  |  |  |  |  |
| Week 5 |  |  |  |  |  |  |  |
| Week 6 |  |  |  |  |  |  |  |

*Notes to the weekly schedule*

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## Holidays and special events

Holidays, birthdays and other special events often lead to disruption of everyday routines, and you should agree on how to handle this.

If you have children who are in school, it is important that you plan for school breaks. Holiday time schedules are also taken into account in some assessments made by NAV.

*Christmas break*

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*Easter break*

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*Summer break*

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*Autumn break*

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*Winter break*

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*17 May*

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*The child’s birthday / other birthdays*

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# Other agreements

Suggested topics

Examples of topics parents need to discuss further and agree on:

* swapping contact days – e.g. in connection with days with no school or illness
* when and how you inform each other about things that concern the child
* information about new partners, if relevant

What needs to be in a written agreement and what can be arranged verbally, varies from family to family.

Below, you can add topics that are relevant for your situation, either now, or if it becomes necessary in the future.

*Describe what you have agreed on in the field below.*

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# Review of agreement

You should update your co-parenting agreement according to your children’s development and as your circumstances change. It is a good idea to review the agreement regularly, especially in the first few years after your separation.

You may review your agreement on your own or at the family counselling office, if that is what you prefer.

Find your local family counselling office at [Bufdir.no](https://bufdir.no/Familie/Familievern_kontor_liste/).

**When and how often will you review this agreement?**

For example:*“We will review this agreement once a year. The first review will take place on 02 May this year. We will discuss things with the child or children before we make any changes.”*

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# Signature

This agreement is valid until we have agreed on a new agreement.

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