

# COVID preparedness Parenting Plan Considerations

*Consider going through these potential scenarios with your child's other parent so that you can be ready and agree about how you will co-parent during the COVID Pandemic.*

*Some or all of these may be relevant for you. You may also have other considerations that you want to add.*

*This document is not a substitution for legal advice, please consult your lawyer regarding what considerations may be relevant to your particular case.*

## 1. Special Considerations:

- a. Are either of us, the children, or any members of either of our households people who are at an increased risk of severe outcomes if diagnosed with COVID-19? Are there any special precautions we agree to take as a result?
- b. Are either of us or any members of our households at a higher risk of catching COVID-19 as a result of their employment? (e.g. health care workers) Are there any special precautions we agree to take as a result?
- c. Are there any other special considerations about our family or our parenting plan which need to be taken into account?

## 2. Child Care:

- a. What, if any, alternate child care arrangements do we agree to make as a result of disruptions to child care and/or our children's schools?

## 3. Sharing of Information:

- a. What expectations, if any, do we have for the sharing of information in the event that either of us, the children, or any member of our household:
  - i. Has recently travelled or has had contact with someone who has recently travelled?
  - ii. Has had contact with someone who is being tested for COVID-19?
  - iii. Has had contact with someone who has tested positive for COVID-19?

- iv. Is showing symptoms of COVID-19?
- v. Is being tested for COVID-19?
- vi. Has received the results of a COVID-19 test?
- vii. Has been advised by a public health authority to do or refrain from doing anything, for example, to:
  - 1. Self-monitor;
  - 2. Self-isolate;
  - 3. Isolate;
- viii. Is required, as a result of a directive from a public authority to do or refrain from doing anything, for example to:
  - 1. Self-monitor;
  - 2. Self-isolate;
  - 3. Isolate;

4. Changes to the parenting plan:

- a. What changes, if any, will there be, to our existing parenting plan, in the event that one of us, one of the children or any member of our household:
  - i. Has recently travelled or has had contact with someone who has recently travelled?
  - ii. Has had contact with someone who is being tested for COVID-19?
  - iii. Has had contact with someone who has tested positive for COVID-19?
  - iv. Is showing symptoms of COVID-19?
  - v. Is being tested for COVID-19?
  - vi. Has received the results of a COVID-19 test?
  - vii. Has been advised by a public health authority to do or refrain from doing anything, for example, to:
    - 1. Self-monitor;
    - 2. Self-isolate;



- b. What will we do in the event of either of us or the children become gravely ill with COVID-19?
- c. What will we do in the event of both of us become will with COVID-19 at the same time?

9. Disagreement:

- a. How will we make a decision about our children in the event that an issue comes up regarding our children and the measures taken to deal with COVID-19 that we cannot agree on? (mediator, lawyers, neutral third party, arbitrator)