

Sample for Reference Purposes Only. Forms have bilingual format for your convenience, but must be completed and filed with the court in English. 表格样本，仅供参考。为了提供便利，表格采用双语格式，但向法院提交的表格必须用英语填写。

This form contains Restricted Information.

此表格含有受限信息。

MARYLAND PARENTING PLAN TOOL 马里兰育儿计划工具

NOTES:

注:

- Use this form to create a parenting plan for your child(ren). A parenting plan is a guide for how parties will make decisions about the child(ren) and handle conflicts. Complete this form separately, together, or with a mediator. Attach additional sheets if needed.
使用此表格为您的孩子制定育儿计划。育儿计划是各方如何做出关于孩子的决定和处理冲突的指南。独自、共同或者在调解员的协助下填写此表格。如有必要请另附页。
- If you and the other party/parties cannot agree on a comprehensive parenting plan, complete a Joint Statement of the Parties Concerning Decision-Making Authority and Parenting Time (form CC-DR-110).
若您与另一方/其他方无法就全面的育儿计划达成一致，请填写一份关于决定权和育儿时间的双方联合声明(表格 CC-DR-110)。
- “Party”: A person seeking to establish or maintain a parent-child relationship with the child(ren).
“当事人”: 寻求与儿童建立或维持亲子关系的人士。
- **You must file a Notice Regarding Restricted Information Pursuant to Rule 20-201.1 (form MDJ-008) with this submission.**
您必须根据规则第 20-201.1 条(表格 MDJ-008)随此文书提交有关限制性信息的通知。

Parenting plan of _____
Name of party

_____ Relationship to child(ren)
育儿计划 _____ :
当事人姓名

_____ 与儿童的关系:

Joint parenting plan of:
联合育儿计划:

Name
姓名

Relationship to Child(ren)
与儿童的关系

Type of filing:

文件类型:

- Initial pleading
初始恳求
- Modification
修正
- Relocation
重新安置

Special circumstances: (choose all that apply)

特殊情况: (选择所有适用项)

- Allegation of domestic abuse (under Family Law Art., § 4-501)
家庭虐待指控(根据《家庭法》第 4-501 条)
- Supervised parenting time requested (abuse of a parent, child, or drug/alcohol addiction)
请求有监督的育儿时间(父母、儿童虐待或吸毒/酗酒)
- Other: (describe) _____
其他:(请说明) _____

BIOGRAPHICAL INFORMATION

个人信息

Party 1

第一方

Name: _____

姓名: _____

Address: Address unknown

地址: 地址未知

Address confidential due to:

地址保密期限:

protective order that expires _____

Date

保护令届满日期 _____

日期

other court order: _____, entered _____

Date

其他法院命令: _____, 下达日期 _____

日期

Street Address: _____

街道地址: _____

City, State, Zip: _____

城市、州、邮政编码: _____

Phone: _____ **E-mail:** _____

电话号码: _____ **电子邮件:** _____

Party 2

第二方

Name: _____

姓名: _____

Address: Address unknown

地址: 地址未知

Address confidential due to:

地址保密期限:

protective order that expires _____

Date

保护令届满日期 _____

日期

other court order: _____, entered _____

Date

其他法院命令: _____, 下达日期 _____

日期

Street Address: _____

街道地址: _____

City, State, Zip: _____
城市、州、邮政编码: _____

Phone: _____ E-mail: _____
电话号码: _____ 电子邮件: _____

Party 3
第三方

Name: _____

姓名: _____

Address: Address unknown

地址: 地址未知

Address confidential due to:

地址保密期限:

protective order that expires _____
Date

保护令届满日期 _____
日期

other court order: _____, entered _____
Date

其他法院命令: _____, 下达日期 _____
日期

Street Address: _____

街道地址: _____

City, State, Zip: _____

城市、州、邮政编码: _____

Phone: _____ E-mail: _____

电话号码: _____ 电子邮件: _____

Child(ren)
儿童

This parenting plan is for the following minor child(ren) (add lines or attach additional sheets if needed):
此育儿计划适用于以下未成年子女 (如有必要, 请添加线条或另附页):

Name
姓名

Date of Birth
出生日期

PARENTAL RESPONSIBILITIES
育儿责任

Choose from the general options below or make choices based on what is important to your family.
从下面的一般选项中进行选择, 或者根据对家庭重要的内容进行选择。

1. DECISION-MAKING AUTHORITY
决策权

Parental responsibility – Day-to-day decisions are the responsibility of the party/parties the child(ren) are with at the time, such as how the child(ren) dress(es), or their home routine. How will major decisions such as medical and mental health care, education, religious training, extracurricular activities, communication among the parties, and information sharing be made?

育儿责任: 日常决策由孩子当时所共处的一方/多方负责, 例如孩子的穿着或家庭事务。医疗和心理健康、教育、宗教训练、课外活动、各方沟通和信息共享等重大决策将如何做出?

(choose one)

(选择一项)

Shared parental responsibility

We will **jointly** make major decisions about the child(ren).

共同分担的育儿责任

我们将**共同**做出和儿童有关的决策。

Sole parenting responsibility

_____ will make major decisions for the child(ren).

Name

单独育儿责任

_____ 将为儿童作所有重大决定。

姓名

Shared parental responsibility with decision-making authority

We will try to reach an agreement on issues. If we cannot agree, tie-breaking authority goes to the following party:

共同分担的育儿责任与决策权

我们将努力就问题达成一致意见。如果我们无法达成一致意见, 下一方可作为裁决方:

Tie-breaking authority

裁决方

Medical care _____ No tie-breaking authority

Name

医疗照护

无裁决方

姓名

Mental health _____ No tie-breaking authority

Name

心理健康

无裁决方

姓名

Education _____ No tie-breaking authority

Name

教育

无裁决方

姓名

Religious training _____ No tie-breaking authority

Name

宗教训练

无裁决方

姓名

Extracurricular activities _____ No tie-breaking authority

Name

课外活动

无裁决方

姓名

Other: _____ No tie-breaking authority

Name

其他:

无裁决方

姓名

Communication between the parties – How will you communicate with each other about the child(ren)?

Do not use the child(ren) as messengers to convey information, ask questions, or set up schedule changes.

We will communicate with each other: (choose all that apply)

双方之间的沟通: 关于孩子, 双方之间将如何沟通?

不要把孩子当作传递信息、提出问题或安排日程变更的传话筒。
我们将相互沟通: (选择所有适用项)

- In person
面对面
- By telephone
电话
- By text or similar method
通过短信或类似方式
- By e-mail
通过电子邮件
- Other: _____
其他: _____

Information sharing – How will you share and access information about the child(ren)’s health, mental health, education, and welfare? Be listed as emergency contacts? Notify each other about changes to your address or contact information?
(choose all that apply)

信息分享: 您将如何分享和获取有关儿童健康、心理健康、教育和福利的信息? 被列为紧急联系人? 如果地址或联系信息有更改, 是否会互相通知?
(选择所有适用项)

- Each of us will have access to medical and school records and information about the child(ren) and may consult with professionals.
我们都将获取有关孩子的医疗和学校记录以及信息, 并可以咨询专业人士。
- Each of us will share information about the health, mental health, education, and welfare of the child(ren) and sign documentation ensuring that we each have access to records.
我们都将分享有关儿童健康、心理健康、教育和福利的信息, 并签署文件, 确保都能够获取记录。
- We will give each other advance notice of medical appointments and appointments with the child(ren)’s school.
我们都将提前通知对方孩子的医疗预约和学校预约。
- Each of us will get records and reports from the school and health care providers. Each of us have equal rights to inspect and receive governmental agency and law enforcement records concerning the child(ren).
我们都将获取学校和医疗保健提供者的记录和报告。我们都有平等的权利查看和接收有关孩子的政府机构和执法记录。
- Each of us may consult with the child(ren)’s school, day care, health care providers, and other programs about the child(ren)’s health, mental health, educational, emotional, and social progress.
我们都可以咨询孩子的学校、日托中心、医疗保健提供者和其他计划, 了解孩子的健康、心理健康、教育、情感和社会进步。
- Each of us will be listed as “emergency contacts” for the child(ren) on all matters.
我们都将被列为孩子的“紧急联系人”。
- Each of us will give a residential, mailing, and contact address and telephone number to the other party/parties and notify each other in writing (may be by text or email) within 24 hours of changes.
我们都将向另一方提供居住地址、邮寄地址、联系地址和电话号码, 并在发生变更后 24 小时内以书面形式 (短信或电子邮件) 通知对方。
- Other: _____
其他: _____

Schooling – What type of schooling will the child(ren) have (for example, will the child(ren) attend public or private schools or be homeschooled)? Which party’s address will be used to determine the child(ren)’s school district?

学校教育: 孩子将接受什么类型的教育(例如, 孩子将就读公立或私立学校, 还是在家上学)? 哪一方的地址将用于确定孩子的学区?

We agree that the child(ren) will:
我们同意孩子将:

Attend public school. _____ address will be designated for
school registration. Name's

就读公立学校。 _____ 的地址将用于进行
学校登记。 姓名

Attend private school.
就读私立学校。

Be homeschooled.
在家上学。

Other: _____
其他: _____

Extracurricular activities – How will you manage activity calendars for practices, rehearsals, games recitals, etc.?
How will you handle conflicts with parenting time and exchange of activity calendars?

课外活动: 您将如何协调锻炼、排练、游戏、独奏会等的时间安排?
您将如何处理与育儿时间和活动时间安排之间的冲突?

(choose all that apply)
(选择所有适用项)

Each of us will agree to extracurricular activities that may occur during each party's scheduled parenting time.
我们都将就在约定的育儿时间内进行课外活动达成一致意见。

Each of us will transport the child(ren) to and from all extracurricular activities during each party's scheduled parenting time.
我们都将就约定育儿时间的课外活动负责往返接送。

Each of us may register the child(ren) for an activity of the child(ren)'s choice, so long as it does not interfere with the other party's/parties' parenting time.
只要不干扰另一方的育儿时间, 我们都可以为孩子报名参加孩子选择的活动。

Each of us agrees as to the following extracurricular activities: _____
我们就以下课外活动达成一致意见: _____

2. PARENTING TIME

育儿时间

What parenting time schedule will work best for your family?
什么样的育儿时间表最适合您的家庭?

Special considerations: (choose all that apply)
特别考虑: (选择所有适用项)

We will not use drugs during our time with the child(ren).
在和孩子相处期间, 我们不会吸毒。

- We will not drink alcohol during our time with the child(ren).
在和孩子相处期间, 我们不会酗酒。
- We understand emergencies happen. We will accommodate reasonable changes that are timely requested.
我们理解, 紧急情况难免会发生。我们将为及时请求的变更提供便利。
- Other: _____
其他: _____

Regular weekday and weekend schedule-
常规周间和周末时间表:

The following schedule begins on _____ with _____
and continues as follows:
Date Name

以下时间表开始日期 _____, 参与者 _____
日期 姓名
并且:

The child(ren) will be with _____:
Name

孩子相处者 _____:
姓名

Weekends: every every other other: (specify) _____ from
_____ to _____.
周末: 每周末 每两周末 其他:(请说明) _____ 从
_____ 至 _____。

Weekdays: (specify days) _____ from
_____ to _____.
周间:(说明哪一天) _____ 从
_____ 至 _____。

Other: (describe) _____
其他:(请说明) _____

The child(ren) will be with _____:
Name

孩子相处者 _____:
姓名

Weekends: every every other other: (specify) _____ from
_____ to _____.
周末: 每周末 每两周末 其他:(请说明) _____ 从
_____ 至 _____。

Weekdays: (specify days) _____ from
_____ to _____.
周间:(说明哪一天) _____ 从
_____ 至 _____。

周间: (说明哪一天) _____ 从
_____ 至 _____。

Other: (describe) _____

其他: (请说明) _____

The child(ren) will be with _____ :
Name

孩子相处者 _____ :
姓名

Weekends: every every other other: (specify) _____ from

周末: 每周末 每两周末 其他: (请说明) _____ 从
_____ 至 _____。

Weekdays: (specify days) _____ from

_____ to _____ .
周间: (说明哪一天) _____ 从
_____ 至 _____。

Other: (describe) _____

其他: (请说明) _____

See attached calendar for regular schedule.

参见随附日历了解常规时间表。

There is a different parenting time schedule for the following child(ren):

对于以下孩子, 有不同的育儿时间安排:

Holiday schedule- How will holidays be defined? Add special events or occasions important to your family.

假期时间安排: 假期如何定义? 添加对家庭重要的特殊事件或场合。

(choose one)

(选择一项)

No holiday parenting time will apply. The regular weekday and weekend schedule above will apply.

假期育儿时间不适用。上述常规周间和周末时间表适用。

Holiday parenting time will be as we agree.

我们将就假期育儿时间达成一致意见。

Holiday parenting time will follow the schedule below. It will take priority over the regular weekday, weekend, and summer schedules.

假期育儿时间将依循以下时间表。它将优先于常规周间、周末和夏季时间表。

Fill in the blanks with your names to indicate where the child(ren) will be for the holidays. Provide the beginning and ending times. If a holiday is not specified as even, odd, or every year with one party, then the child(ren) will be with the party according to the regular schedule.

在空白处填上您的姓名, 以表明孩子将在哪里度过假期。填写开始和结束时间。如果没有指定是每隔一年、每隔两年还是每一年与一方度过假期, 那么孩子将根据常规时间表与一方度过假期。

The following is not a complete list of holidays. Add holidays that apply to your family (other school holidays, religious observances, Halloween, New Year's Eve/day, etc.)

以下非完整的假期清单。添加适用于您家庭的假期(其他学校假期、宗教纪念活动、万圣节、除夕/元旦等)

<u>Holidays</u>	<u>Even years</u>	<u>Odd years</u>	<u>Every year</u>	<u>Begin/end time</u>
假期	每隔两年	每隔一年	每年	开始/结束时间
Mother's Day 母亲节	_____	_____	_____	_____
Father's Day 父亲节	_____	_____	_____	_____
Martin Luther King Day 马丁路德金纪念日	_____	_____	_____	_____
President's Day 总统日	_____	_____	_____	_____
Memorial Day 阵亡将士纪念日	_____	_____	_____	_____
Juneteenth 六月节	_____	_____	_____	_____
Fourth of July 美国独立纪念日	_____	_____	_____	_____
Labor Day 劳动节	_____	_____	_____	_____
Columbus Day 哥伦布纪念日	_____	_____	_____	_____
Thanksgiving 感恩节	_____	_____	_____	_____
Veteran's Day 退伍军人节	_____	_____	_____	_____
Child(ren)'s Birthdays 孩子生日	_____	_____	_____	_____
Religious holidays (list): 宗教节日(列出):	_____	_____	_____	_____
_____	_____	_____	_____	_____
Other (list): 其他(列出):	_____	_____	_____	_____
_____	_____	_____	_____	_____

Winter, spring, and summer breaks are times when the child(ren) are out of school and you can determine how those out-of-school times, including weekends, will be shared between you.

寒假、春假和暑假是孩子放假的时间，双方可以商议如何分配这些时间，包括周末。

Winter break-

寒假：

(choose one)

(选择一项)

We will follow the regular weekday and weekend schedule.

我们将遵循常规周间和周末时间表。

We will alternate winter breaks. The child(ren) will stay with _____ Name

in odd-numbered years even-numbered years, and with

_____ in odd-numbered years even-numbered years.
Name

我们将轮流与孩子度过寒假。孩子相处者：_____ 姓名

在 奇数年份 偶数年份，陪伴者

_____ 在 奇数年份 偶数年份。
姓名

If a holiday designated above doesn't fall within a party's winter break time, the holiday schedule will take precedent.

如果以上规定的假期没有落在一方进行陪伴的寒假时间内，假期安排将以先例为准。

We will divide winter break as follows:

我们将寒假时间划分如下：

Spring break-

春假：

(choose one)

(选择一项)

We will follow the regular weekday and weekend schedule.

我们将遵循常规周间和周末时间表。

We will alternate spring breaks. The child(ren) will stay with _____ Name

in odd-numbered years even-numbered years, and with

_____ in odd-numbered years even-numbered years.
Name

我们将轮流与孩子度过春假。孩子相处者：_____ 姓名

在 奇数年份 偶数年份，陪伴者

_____ 在 奇数年份 偶数年份。
姓名

如果以上规定的假期没有落在一方进行陪伴的寒假时间内, 假期安排将以先例为准。

- We will divide spring break as follows:
我们将春假时间划分如下:

Summer break-

暑假:

(choose one)

(选择一项)

- We will follow the regular weekday and weekend schedule.

我们将遵循常规周间和周末时间表。

- Each of us will have _____ weeks with the child(ren) during the summer. These weeks may be consecutive non-consecutive and start and end on _____.

Day of week

We will request the week(s) by _____ of each year. If there is a conflict,

Date

_____ will get first pick of the date in odd-numbered years and

Name

_____ will get first pick of the date in even-numbered years.

Name

在暑假, 我们都可以陪伴孩子 _____ 几周的时间。这些周可以是 连续的 非连续的, 开始和结束日期为 _____。

周几

我们将在每年的 _____ 之前, 请求陪伴的周。如果存在冲突,

日期

_____ 可在奇数年先选, 并且

姓名

_____ 可在偶数年先选。

姓名

- We will divide summer break as follows:
我们将暑假时间划分如下:

Out-of-state travel-

州外旅行:

(choose all that apply)

(选择所有适用项)

- Each of us may travel within the United States with the child(ren) during our parenting time/vacation. The party traveling with the child(ren) will give the other party/parties at least _____ days written notice before traveling out-of-state unless there is an emergency, and will include an itinerary, with locations and telephone numbers where the child(ren) and that party can be reached.

我们都可以在育儿时间/假期带着孩子在美国境内旅行。除非有紧急情况, 否则与孩子一起旅行的一方应在离开该州前至少提前 _____ 天向另一方发出书面通知, 并告知行程, 包括可以联系孩子和该方的地点和电话号码。

- Each of us may travel out of the country with the child(ren) during our parenting time/vacation. The party traveling with the child(ren) will give the other party/parties at least _____ days written notice before traveling out of the country and will include an itinerary, with locations and telephone numbers where the child(ren) and that party can be reached. We agree to provide documentation necessary for the other party/parties to take the child(ren) out of the country.

我们都可以在育儿时间/假期带着孩子出国旅行。除非有紧急情况，否则与孩子一起旅行的一方应在出国旅行前至少提前_____天向另一方发出书面通知，并告知行程，包括可以联系孩子和该方的地点和电话号码。我们同意为另一方/其他方提供将孩子带出国所需的文件。

- Other: _____
其他: _____

3. TRANSPORTATION AND EXCHANGE OF CHILD(REN)

交通运输与孩子交换

Transportation-

交通运输:

(choose one)

(选择一项)

- The party beginning their parenting time will provide transportation for the child(ren).

开始育儿时间的一方将为孩子提供交通工具。

- The party ending their parenting time will provide transportation for the child(ren).

结束育儿时间的一方将为孩子提供交通工具。

_____ will provide all transportation.

Name

_____ 将提供所有交通工具。

姓名

- Other: _____

其他: _____

Exchanges of the child(ren)-

孩子交换:

Each of us will have the child(ren) ready and on time with proper clothing, medications, homework, extracurricular activity uniforms or equipment, etc., at the time of exchange. The receiving party will be notified if the child(ren) took any medications within 24 hours of the transition.

在交换时，我们都会让孩子及时准备好合适的衣服、药物、家庭作业、课外活动制服或设备等。如果在交换前24小时内孩子服用了任何药物，将通知接收方。

(choose one)

(选择一项)

- Exchanges will be at each party's home.

交换将在任何一方的家中进行。

- Exchanges will occur at _____ unless we agree in advance to a different meeting place.

交换地点: _____ 除非们事先另行商定会见地点。

Other: _____
其他: _____

4. COMMUNICATION BETWEEN PARENTS AND CHILD(REN)

父母与孩子之间的沟通

Each of us will keep contact information current.

我们都会将最新的联系方式告知对方。

The child(ren) may have telephone e-mail other electronic communication in the form of _____ with the other party/parties: (choose one)

孩子可能会有 电话 电子邮件 其他形式的电子通讯工具 _____ 与另一方/其他方沟通(选择一项)

- Anytime
任何时间
- Every day during the hours of _____ to _____
每天, 时间为 _____ 至 _____
- On the following days: _____ during the hours of _____ to _____
以下天: _____ 时间为 _____ 至 _____
- Other: _____
其他: _____

5. CHILD CARE

儿童照护

(choose all that apply)

(选择所有适用项)

- Each of us may select child care providers.
我们都可以选择幼儿看护服务提供者。
- We must agree on child care providers.
我们必须就幼儿看护服务提供者达成一致意见。
- Each of us must offer the other party/parties the opportunity to care for the child(ren) before using a child care provider for any period exceeding _____ hours.
如果使用幼儿看护服务提供者超过 _____ 小时, 在这之前, 我们必须向另一方/其他方提供照护孩子的机会。
- Other: _____
其他: _____

6. DISPUTES

争议

How will you resolve disputes relating to the parenting plan?

将如何解决与育儿计划有关的争议?

(select one)

(选择一项)

- We are to attend at least _____ mediation session(s) before asking the court to intervene.
在要求法院介入之前, 我们至少要参加 _____ 次调解会议。

Other: (describe) _____
其他:(请说明) _____

7. OTHER ISSUES

其他事项

For example, the child(ren)'s name(s), names used to refer to step-parents or other adults, circumstances requiring parental consent (driving, marriage, military service, employment, etc.), restrictions on what the child(ren) are exposed to (entertainment, firearms, all-terrain vehicles, etc.), and discipline.

例如, 孩子的姓名、用来指代继父母或其他成年人的姓名、需要父母同意的情况(驾驶、结婚、服兵役、就业等)、对孩子接触事物的限制(娱乐、枪支、全地形车等)以及纪律。

NOTE: You have the right to consult with a lawyer to review this document before you sign it.
注:在签署协议之前,您有权咨询律师以审阅这一文件。

I/We enter this parenting plan voluntarily. I/We believe this plan is in the best interest of the child(ren) at this time. I am/We are satisfied with this plan and intend to be bound by it.

我/我们自愿参加此育儿计划。我/我们认为该计划符合孩子的最佳利益。我/我们对计划很满意,并愿意遵守。

Date 日期	Date 日期
Signature 签名	Signature 签名
Printed Name 楷签	Printed Name 楷签
Street Address 街道地址	Street Address 街道地址
City, State, Zip 城市、州、邮编	City, State, Zip 城市、州、邮编
Telephone Number 电话号码	Telephone Number 电话号码
E-mail 电子邮件	E-mail 电子邮件
Fax 传真	Fax 传真

Date
日期

Case Number _____
案件编号 _____

Signature
签名

Printed Name
楷签

Street Address
街道地址

City, State, Zip
城市、州、邮政编码

Telephone Number
电话号码

E-mail
电子邮箱

Fax
传真