

Platonic Co-parenting Agreement - Template

The purpose of this document is to foster dialogue between parents entering into a platonic co-parenting agreement before the child is born, and to serve as a reference point for revision after the child's birth.

This document is designed to be flexible, with some parts being more structured and fixed, providing a clear framework for co-parenting based on shared values. These fixed elements ensure consistency and stability for both the parents and the child. However, other parts are intended to be more adaptable, allowing for changes as life circumstances evolve. This means that while certain guidelines will stay in place, there is room for adjustments as your family's needs, dynamics, and the child's development change over time.

The intention behind the document is that you read through each section and use the action points to design your own document. Please feel free to add more points as you go along.

STATEMENT OF CO-PARENTING INTENTIONS

This agreement is a reflection of your shared commitment to co-parenting, grounded in mutual respect and a common goal of providing a loving and stable environment for the child. It recognizes that each co-parent brings their own unique strengths, values, and perspectives to the partnership, contributing to the child's upbringing in meaningful ways.

By working together, you aim to foster open communication, collaboration, and adaptability, ensuring that decisions are made in the best interest of the child as their needs and circumstances evolve. This agreement serves as a foundation for your collective responsibility and commitment to support each other as partners in this journey of parenthood.

Action Points:

- Write down your reasons for wanting to co-parent together.

- **Reflect on why you chose each other as co-parents.**
- **Highlight each parent's strengths and values that contribute to the partnership.**
- **Outline how you will maintain open communication and adaptability**

HOUSEHOLD SET-UP

In this section, describe who is included in the co-parenting agreement. If there are more than two co-parents, it is crucial to specify each individual's relationship to the child. This is important because, in most countries, only two parents can be legally registered as the child's parents. This legal limitation may affect how the law perceives your rights and responsibilities towards the child, particularly in the event of a relationship breakdown.

To protect the interests of all co-parents, whether legal or not, it is essential to include all involved parties in this document. By doing so, you establish a collective intention regarding the child's relationship with any non-legal or non-biological parents. This recognition provides clarity on how the child's connection with these parents will be maintained, setting expectations and intentions for co-parenting should circumstances change.

Action Points:

- **List who is part of the agreement, including biological, legal, and non-legal parents.**
- **How are the parental responsibilities divided up between parents ?**
 - **If you are more than two parents, do legal and social parents share the responsibilities equally?**
 - **Do some parents have the final say in decision making ?**
- **Describe your living arrangement before and after the baby is born.**
- **Discuss whether the household set-up will change over time as the child grows older.**
- **Discuss how you will deal with sudden household changes - ie if one co-parent needs to pursue a career opportunity or has to take on the care responsibilities of another family member.**

LEGAL RIGHTS AND OBLIGATIONS

Clarify the legal rights and obligations of all co-parents, considering the local laws that may affect non-legal parents. It is essential to understand each parent's legal responsibilities, including guardianship and financial obligations.

Action Points:

- **Identify legal parents and their rights.**
- **Discuss legal limitations for non-legal or non-biological parents.**
- **Agree on dispute resolution methods in case legal issues arise.**
- **Seek legal advice to clarify your rights and obligations.**

CONFIDENTIALITY

Commit to respecting each other's privacy by keeping personal and sensitive information confidential, and handling discussions about the co-parenting relationship and your child with discretion. Set clear boundaries to protect the privacy of your arrangement, particularly when sharing information with new partners, extended family, social circles and public settings.

Action Points:

- **Agree on how to share information about your co-parenting arrangement.**
- **Agree on what information about your co-parenting arrangement or your child can be shared with others (e.g., family, friends, new partners, public).**
- **Set rules for sharing sensitive information about the child.**
- **Agree on whether or not to share photos of your child on social media channels (digital footprint).**

CONFLICT RESOLUTION

Define how you will resolve conflicts to maintain a healthy co-parenting relationship. Regular communication and mediation are key to resolving disagreements, especially on issues you feel strongly about. Experts recommend holding regular meetings—whether weekly, bi-weekly, or monthly—to catch up and discuss any challenges that may arise, allowing you to address potential conflicts before they escalate. Ensure these meetings are scheduled and given priority in your calendar.

We also recommend seeking pre-child counseling from psychologists to establish a solid communication strategy for resolving conflicts as they come up. Having a framework in place can help both parents navigate disagreements effectively. For those based in Denmark, you can consult with specialist psychologists through [Aftalt Forældreskab](#), who offer guidance on maintaining healthy communication in co-parenting arrangements.

Action Points:

- **Agree on a process for resolving conflicts, such as mediation or third-party involvement.**
- **Plan for regular meetings to address issues and maintain open communication.**
- **Discuss how major disagreements will be handled.**

PREGNANCY

Outline expectations for involvement and support during pregnancy, including attending medical appointments and preparing for the birth. When attending medical appointments and pregnancy check ups, medical staff may assume that you are a romantic heterosexual couple. Please consider how you are going to meet that situation. Based on interviews with platonic co-parents, we have learnt that intimate examinations during fertility treatments, pregnancy-checks and birth may feel odd given the lack of intimacy between platonic co-parents. Please consider and plan how you might handle these situations.

Action Points:

- **Agree on roles during pregnancy (e.g., attending medical appointments).**
- **Discuss how decisions will be made in case of complications.**
- **Plan responsibilities for preparing for the baby's arrival.**

PARENTAL LEAVE

Clarify how parental leave will be handled, including who will take time off work when and for how long, as well as the transition back to work after the leave period. Different legal frameworks exist in different countries, however, in Denmark, it is possible to transfer parental leave from a legal parent to a social parent. Please see this [link](#) for more information on this subject. For information about parental leave in Denmark please see this [link](#) for information.

Action Points:

- **Make a plan for how you will divide parental leave between you.**
- **Plan how you will transition back to work after leave.**
- **Discuss how you will share childcare responsibilities during and after parental leave.**

NAME

Agree on how the child's name will be chosen, including first, middle (if any), and last names and address any potential disagreements.

Action Points:

- **Decide on the child's first, middle, and last name(s).**
- **Resolve disagreements regarding the child's name.**
- **Consider cultural or familial traditions when choosing the name.**

CHILD CARE AND SCHOOLING

Clarify how to handle childcare and schooling, including daycare, babysitters, and your preferences for the child's education (public, private, or alternative schools). Perhaps you are able to get help from grandparents or other family members. Discuss any ground rules in terms of values, and qualifications or experience you require of the people that look after your child. Agree on what disciplinary measures are acceptable and make sure they align with your shared parenting approach.

Action Points:

- **Decide on childcare options (e.g., daycare, babysitters and shared parenting).**
- **Agree on daycare and schooling preferences and how decisions will be made.**
- **Plan how to share financial and time commitments for childcare and schooling.**
- **Discuss the role of family members (e.g., grandparents) and friends in providing childcare, and agree on their responsibilities.**

ROUTINES

Establishing and maintaining consistent daily routines is essential for the child's sense of stability and security, especially across different households. Both co-parents should agree on the details of the child's existing routines, such as bedtime, homework, and extracurricular activities, to ensure continuity and a structured environment for the child.

Action Points:

- **Agree on a consistent bedtime routine, including time, activities leading up to bedtime (e.g., reading, bath), and sleep schedule across both households.**

- **Discuss how homework responsibilities will be managed, ensuring a consistent approach to schoolwork, assignments, and support for the child's learning across households.**
- **Coordinate on the child's participation in clubs or extracurricular activities, ensuring both parents are involved in planning and transportation, as well as being aligned on supporting the child's interests.**
- **Set consistent rules for behavior, discipline, and rewards, ensuring that both parents enforce similar standards to provide a stable environment**

FAMILY TIME AND VACATIONS

Establish a clear plan for how family time and vacations will be shared between co-parents to ensure the child maintains strong relationships with both. This includes determining how holidays, weekends, and vacation periods will be divided, as well as how important events or traditions will be handled. You may also choose to spend time together as a family, such as having dinner together or engaging in activities when the child is old enough to appreciate it. This can help foster a sense of unity and shared responsibility, even in separate households.

Have a flexible approach to this element in the Platonic Co-parenting Agreement, as your and your child's need for shared family time may change over time. Flexibility allows the arrangement to evolve with the child's development and family dynamics, accommodating new situations as they arise.

Action Points:

- **Agree on how regular family time, such as weekends and evenings, will be shared between co-parents.**
- **Decide if you want to spend time together as a family (e.g., weekly dinners, outings) to create shared experiences for the child.**
- **Determine how major holidays, birthdays, and special events will be divided or celebrated together, aligning with family traditions.**
- **Plan how vacation time will be organized, including sharing time off and ensuring both parents have meaningful experiences with the child.**
- **Allow for flexibility in scheduling to accommodate unexpected events or changes in work or personal commitments.**
- **Discuss how extended family (grandparents, aunts, uncles, etc.) will be included in family time and vacations, and set boundaries as needed.**

HEALTH AND MEDICAL ISSUES

Health and medical decisions are crucial in ensuring the well-being of your child. It's important to agree on how you will approach decisions regarding routine healthcare, vaccinations, medical treatments, and emergency care. If one parent has stronger preferences or beliefs, ensure there is a plan in place to address potential disagreements while keeping the child's best interests as the priority. Clear communication and mutual respect are key in navigating health-related decisions.

Action Points:

- **Agree on how routine medical decisions, such as vaccinations and regular checkups, will be made and who will attend appointments.**
- **Plan how decisions regarding emergency medical care will be handled and ensure both parents are informed promptly.**
- **Establish a process for resolving disagreements over health-related decisions, especially if one parent has strong beliefs or preferences. Consider consulting a third-party medical professional or counselor if needed.**
- **Ensure both parents have access to the child's medical records and important health information.**
- **If applicable, discuss how to manage any special medical needs or conditions the child may have, and ensure consistent care across both households.**

ILLNESS & DEATH

In the event of serious illness or death of one or both co-parents, it is essential to have a clear plan in place to ensure the child's care and well-being are prioritized. This includes deciding on guardianship, financial provisions, and any support systems that would help the child cope with such situations. Addressing these issues proactively can provide peace of mind and ensure that the child's future is secure.

Action Points:

- **Decide who will assume guardianship of the child if one or both parents pass away or become incapacitated. Document this legally in a will or guardianship agreement.**
- **Establish a plan for short-term care in case of illness or hospitalization of one parent, ensuring that the other parent or designated caregiver can step in.**
- **Agree on financial provisions for the child's care in the event of illness or death (e.g., life insurance, trusts, or savings accounts).**
- **Discuss emotional support systems for the child, such as family members, counselors, or other caregivers, to help them cope with loss or parental illness.**

- **Ensure all decisions regarding guardianship and financial provisions are legally documented and accessible to both parents.**

FINANCES

Clarify how financial responsibilities for the child's upbringing will be shared, including education, healthcare, and general living expenses.

Action Points:

- **Agree on how to divide expenses for the child's care and upbringing.**
- **Set up a plan for large expenses (i.e paid education and healthcare insurances)**
- **Consider creating a shared account for the child's future needs.**

NEW PARTNERS

Discuss how new romantic partners will be introduced and what role they will play in the child's life, ensuring they respect the co-parenting agreement.

Action Points:

- **Agree on when and how new partners will be introduced to the child.**
- **Ensure new partners respect the existing co-parenting roles.**
- **Set boundaries for new partners' involvement in parenting decisions.**
- **Decide who has the**

MORE CHILDREN

Discuss how having additional children will impact the co-parenting dynamic, including the relationship between siblings and potential changes to living arrangements and finances.

Action Points:

- **Decide whether you plan to have more children and how this will affect the current arrangement.**
- **Plan how the sibling relationship will be fostered.**
- **Discuss changes to household structure and finances if more children are involved.**