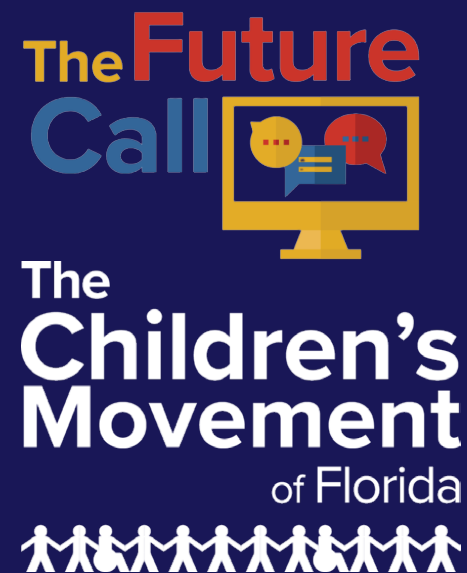




Child Custody & Co-Parenting Strategies

at no cost to the family

Child Custody & Co-Parenting Strategies



No Cost Services:



Educational Workshops

In-person & Virtual



1-on-1 Support

Via Zoom



Document Review

Parenting Plans



Greg Hill,
Co-Founder



Jake Hornstein
Co-Founder /
Exec. Director



State Representative
Linda Chaney, Director

Co-Parent Relationship:

Unmarried, not dating

Separated / divorcing

Divorced

Unmarried, still dating

Married / living together

N/A

Mom 59% Dad 41%

Priorities & Motives



Health

- FL KidCare
- Mitigate ACE's

Parent Support

- Manage Stressors
- Economic Self-sufficiency

Early Learning

- Support the Workforce
- VPK Enrollment
- Attendance

Top Referral Sources

- Cornerstone Connections
- Metropolitan Ministries
- Shepherd's Village
- School Social Workers
- Gold Medal Dads, FL Dept. Health
- Juvenile Welfare Board Programs
- Tampa Housing Authority
- CareerSource TB
- Child-Welfare Professionals
- Mattie Williams Neighborhood Center





THE ROLE OF HEALTHCARE

- Custody Outcomes
- Co-Parenting Strategies



Insurance Coverage



“Are you willing to be **financially responsible** for the child?”

Adding the child(ren) to your insurance, **without a court order**, speaks volumes to being accountable.

Fl♥rida KidCare

5x Partner
'2022 – '2026

Family
Healthcare
Foundation



Healthcare Information-Sharing

- Doctor & provider contact info
- Appointment & office visit details
- Current medications & prescription changes
- Developmental screening results
- Notes/Referrals for further assessment
- Emergency contacts & instructions



Learn more at OurChildrenHaveRights.org

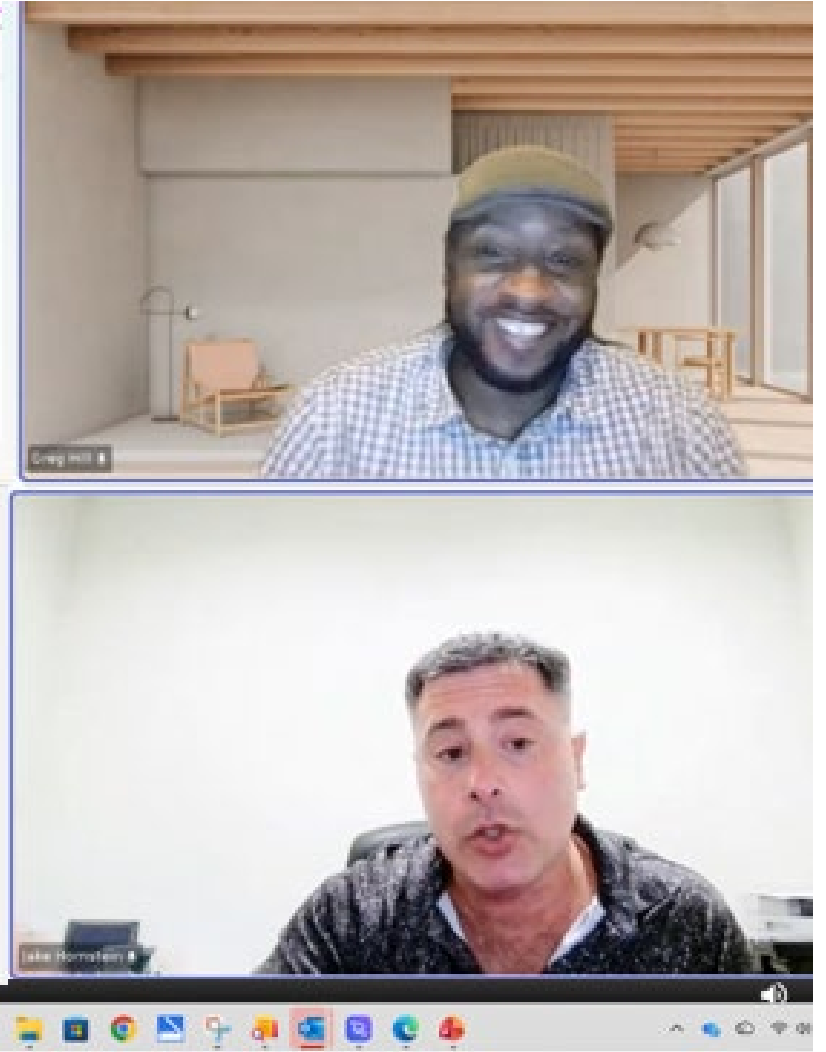
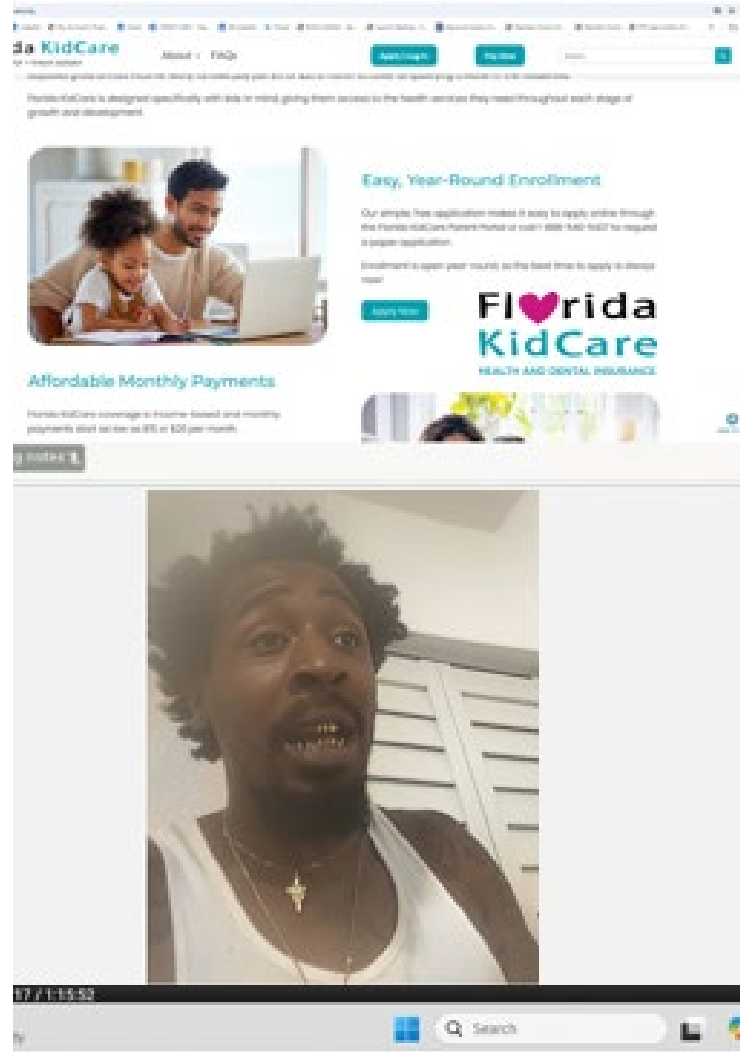
1-on-1 Coaching



COST CALCULATOR

floridakidcare.org/calculator

- Enter # of people in family, annual gross household income and contact information
- **Ex:** A family of **4** with a total annual household income of **\$64,300** would pay **\$20/mo.** for ALL eligible children in the home

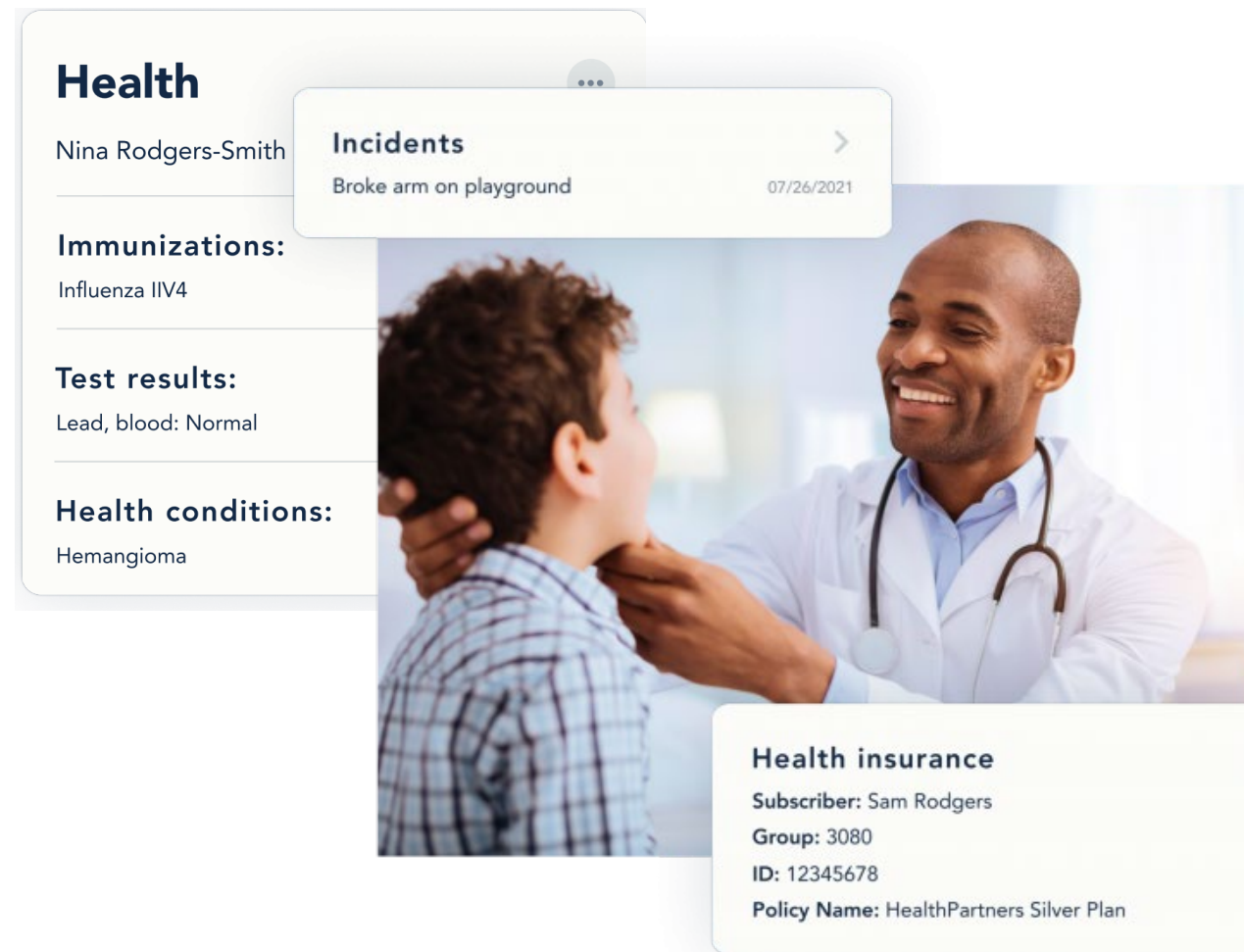


Healthcare Utilization



Judges evaluate a parent's ability to manage a child's healthcare.
Other factors:

- Involvement
- **Information-Sharing**
- Manage & Attend appointments
- **Communication with providers**
- Articulate health conditions & needs
- Administer medications
- Listen to specialists' recommendations
- Understand treatment plans
- **Does the child have a Medical Home?**



Key Healthcare Information to Share

- Medical history
 - Changes in prescriptions
 - Current medications
 - Provider suggestions
- Contact info of doctors/providers
 - Details of scheduled appointments
 - All emergency contacts
 - Development screening results



Exchange frequency		Other tips	
Baby		Should not be away from either parent for more than 2 days	Keep exchanges at one time of day.
Toddler		Can be away from each parent for up to 3 days	Add in calls when you're apart.
School age		Often OK spending 1 week away from each parent	Start to give your child a calendar.
Teenager		Can easily be away from each parent for 1 to 2 weeks	Get your teen's input on the schedule.

Strategies When Information is Not Shared



Know Your Child's Checkpoint Milestones

A practical strategy for the parent with limited parenting time (every other weekend). Utilize time wisely and observe.

36 months

- Says first name, when asked
- Notices other children, joins them to play
- Asks “who,” “what,” “where,” or “why”
- Strings items together, like macaroni
- Puts on some clothes by himself
- Uses a fork



Fun Everyday Activities For You & Your Baby



Strategies When Information is Not Shared



What if a Co-Parent is Withholding Info?
Strategy: Checkpoint Milestones

Know Your Baby's Checkpoint Milestones

- Things most children can do by a certain age.
- Tell your baby's doctor what you see, share any concerns

36 Months (3 Years)

- Says first name, when asked
- Notifies other children and joins them to play
- Asks "who," "what," "where," or "why" questions
- Draws a circle, when you show him how
- Strings items together, like large beads or macaroni
- Puts on some clothes by himself
- Uses a fork

Turbo Babies
On Track From Birth To Three



Rev Up Your Baby's Learning With Turbo Tips

Join the Turbo Babies Pit Crew!

Parenting Plans & School Readiness

What Are Development Screenings?
Screenings help identify **potential developmental concerns** early (before children enter kindergarten) ensuring they get the support they need to thrive.

Why Add Screenings to Your Parenting Plan?

- Early Intervention:** Catch developmental delays sooner.
- Collaboration:** Keep both parents involved in tracking milestones.
- Objective Tracking:** Monitor progress with consistent data.
- Informed Decisions:** Use results to guide education and healthcare choices.

What to Include in the Plan

- Who Schedules & Attends:** Clarify if one or both parents will attend.
- Frequency:** Follow recommended screening intervals.
- Sharing Info:** Agree on how reports will be shared.
- Addressing Concerns:** Outline how parents will handle next steps.
- Follow-Up Actions:** Include how you'll seek additional evaluation if needed.

Use Local Resources

The Division of Early Learning and your local Early Learning Coalition (ELC) can help connect families to free or low-cost screening services.

Division of Early Learning
Early Learning Coalition

Turbo Babies
On Track From Birth To Three

Cristina Quintana

screenings for children, a key feature of the School Readiness (SR) pr...

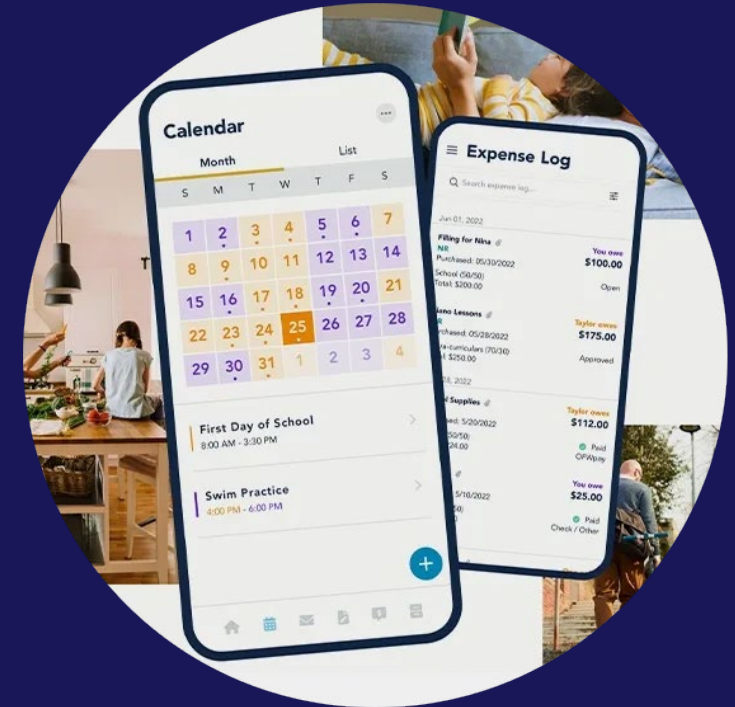


CO-PARENTING TIP:

Use Shared Calendars or Co-Parenting Apps

Parent Support

Information-Sharing
Co-Parenting Apps



Information-Sharing



The most effective way to ensure information-sharing is with a **co-parenting app. that is court-ordered in the parenting plan (or temp. plan).** Meaning, both parents are held accountable for it's use.

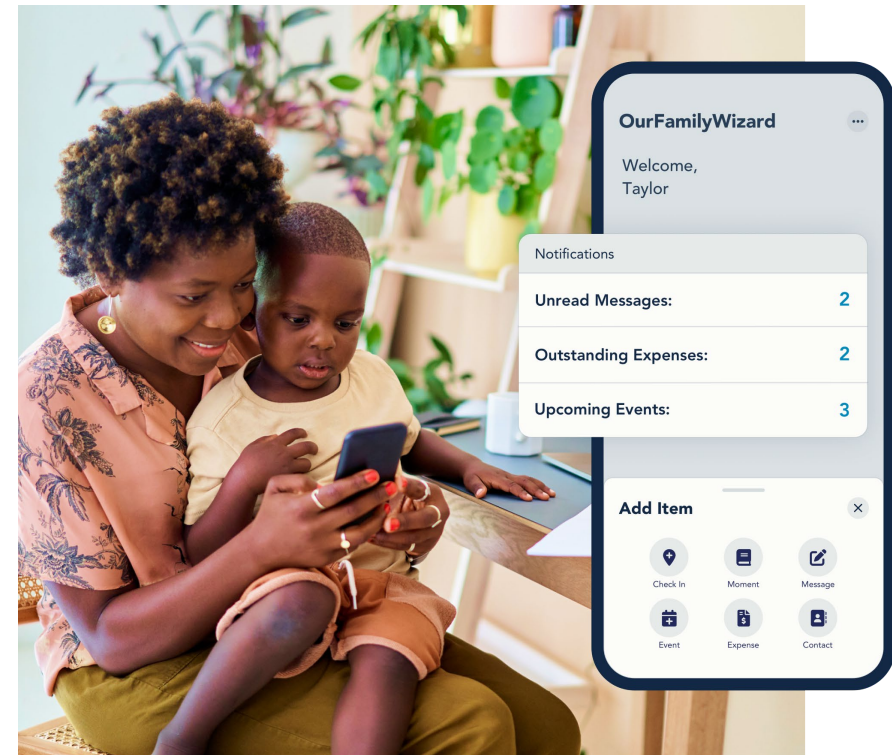
Communication Methods CustodyXChange The Trusted Tool for Parenting Schedules

Except in an emergency, the parents may communicate

- ☐ In person
- ☐ Phone call
- ☐ Video call
- ☐ Text messaging
- ☐ Email
- ☐ Social media

☒ Other:

Our Family Wizard



Co-Parenting Apps



A digital tool for parents to manage communication, schedules, and child-related expenses in one secure place.



Key Features

- **Shared Calendars:** Track custody schedules, holidays, school events, and drop-off times.
- **Secure Messaging:** On-the-Record Documentation
- **Expense Tracking:** Log shared costs, upload receipts, and request or process reimbursements.
- **Document Storage:** Medical records, school forms, and emergency contacts accessible to both parents.

Benefits of Using Co-Parenting Apps



Streamline communication



Share custody & event calendars



Track and split expenses



Store important documents securely

Co-Parenting Apps



Courts can mandate a co-parenting app.



- **Accountability:** Unalterable records of exchanges, messaging
- **Reduced Conflict:** Access to info limits interactions
- **Proof:** Logs, messages, & financial records can be evidence
- **Organization:** Help parents stick to court-ordered parenting plans

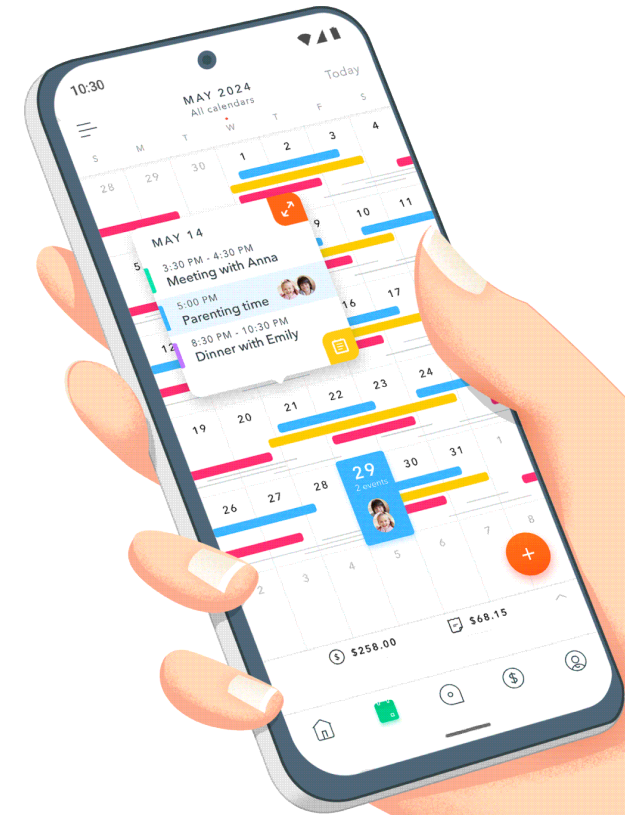


Co-Parenting Apps



Including an app in your draft parenting plan, **without a court order**, demonstrates accountability.

- Specify which app.



FREE Subscription



Reach out to Jake & Greg for a FREE subscription – the #1 app. for peaceful co-parenting.

	MOST POPULAR		
Choose your own	Essentials	Premium	Max
\$9.17+ /mo	\$12.50 /mo	\$18 /mo	\$24.99 /mo
\$110 billed annually	\$149.99 billed annually	\$216 billed annually	\$299.88 billed annually
SELECT	SELECT	SELECT	SELECT
The basic tools for your co-parenting.	Improve your co-parenting communication with essential communication tools.	Get unlimited access to our premium co-parenting tools.	Maximize your confidence with the strongest co-parenting tools.

When parents combine knowledge of **Parenting Plans** and a **Co-Parenting App**, they can ask the judge to mandate certain rules.

These rules address the **sources of stress** which lead to conflict and ultimately adverse experiences for the children.



XII. COMMUNICATION

1. *Between Parties*

All communications regarding the children shall be between the parents. The parents shall not use the children as messengers to convey information, ask questions, or set up schedule changes. The parties shall communicate with each other via Our Family Wizard. In cases of emergency, the parents may communicate by telephone or text message.

Co-Parenting Apps & Parenting Plans



“The parents must share providers notes within _____ **days** of an examination or office visit”.

Each parent will ensure the other has the child’s:

- Health insurance cards
- Essential information (e.g., blood type, allergies)



Most Common Patterns/Needs

- Access to information, info-sharing
- I haven't seen my kid in _____
- Predictable Schedule, Exchange terms
- Communication rules, Blocked calls or messages
- Clarity on expenses, financial expectations
- Need to distribute parenting duties

Managing Stressors: Co-Parenting App + Parenting Plan



Make My Plan



Interaction during exchanges

- ✓ Neither parent will display anger or use profanity or sarcasm during exchanges.
- ✓ During exchanges, the parents must not interact. Each must remain in their car or home, or they must keep at least ___ feet away from each other.
- ✓ The parents will not allow the following person(s) to be at the exchange location during an exchange: (names go here)

Custom provisions

You can write a unique provision. Important tips:

- The judge will order both of you to follow your parenting plan, so phrase it to describe what you (not anyone else) will be required to do.
- Keep the focus on your child. Each provision's primary purpose should be to meet your child's needs, not to get your way.



Ulysses, St. Petersburg
Gold Medal Dads / FL Dept. of Health

Mitigating ACEs with a Parenting Plan



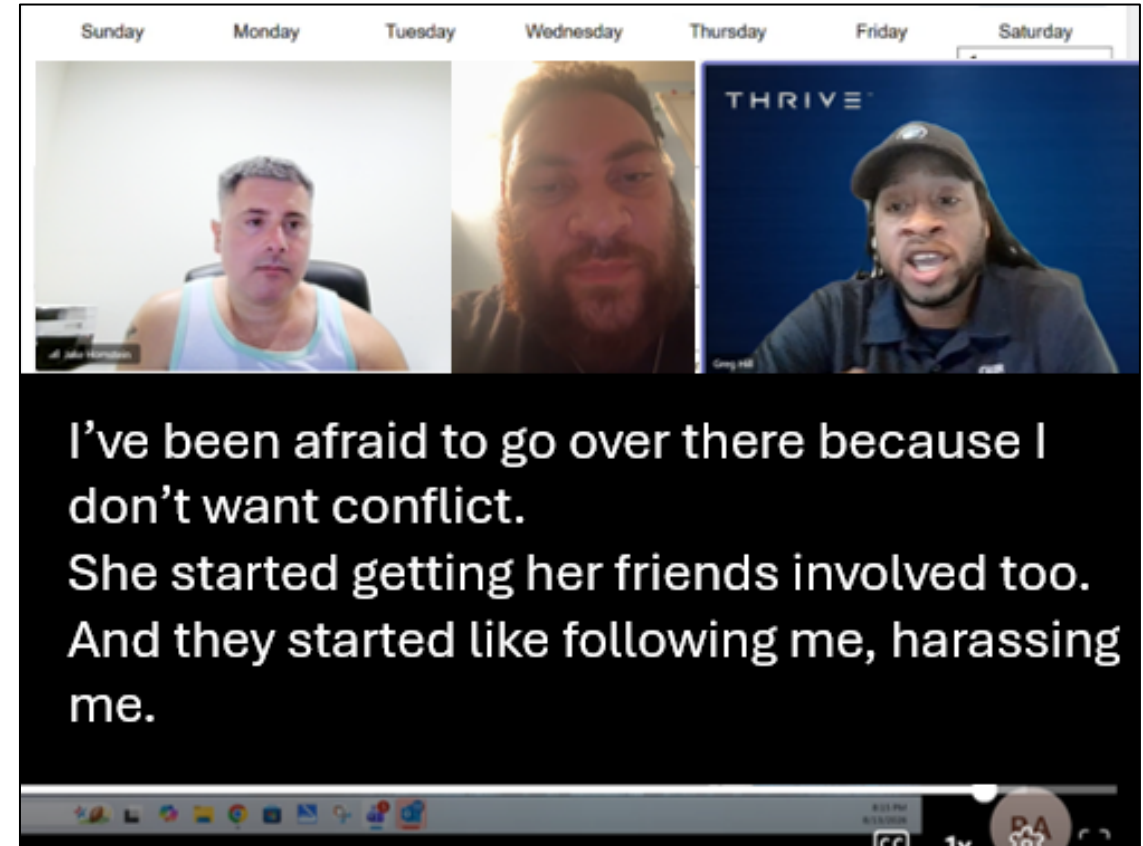
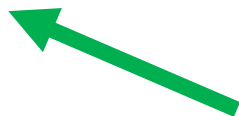
Make My Plan



Make My Schedule and Plan Now >

Interaction during exchanges

- ✓ Neither parent will display anger or use profanity or sarcasm during exchanges.
- ✓ During exchanges, the parents must not interact. Each must remain in their car or home, or they must keep at least __ feet away from each other.
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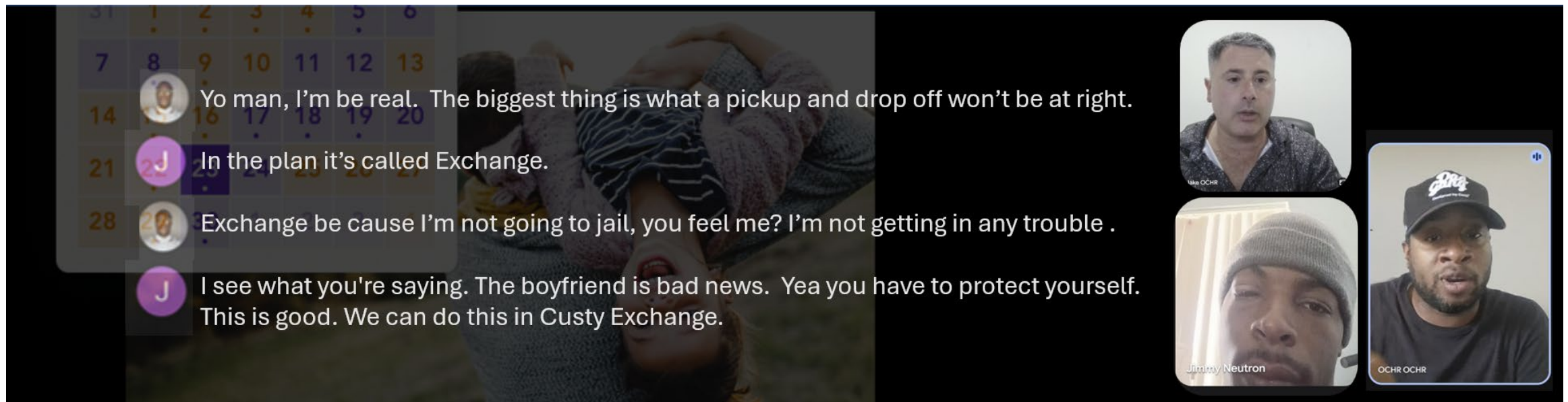


Adrian, St. Petersburg, Daughter, Age 1

Addressing Exchanges

Interaction during exchanges

- ✓ Neither parent will display anger or use profanity or sarcasm during exchanges.
- ✓ During exchanges, the parents must not interact. Each must remain in their car or home, or they must keep at least __ feet away from each other.
- ✓ The parents will not allow the following person(s) to be at the exchange location during an exchange: (names go here)



The image is a composite. On the left, a calendar is visible with dates 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31. Overlaid on the calendar are four circular profile pictures of people. In the center, a woman is lying down, looking up, with her hands near her face. On the right, there are three video call windows. The top window shows a man with short grey hair, wearing a dark sweater, with the name 'Mike OCHR' below him. The bottom-left window shows a man with a beard and a grey beanie, with the name 'Jimmy Neutron' below him. The bottom-right window shows a man with a beard wearing a black baseball cap, with the name 'OCHR OCHR' below him.

Yo man, I'm be real. The biggest thing is what a pickup and drop off won't be at right.

In the plan it's called Exchange.

Exchange be cause I'm not going to jail, you feel me? I'm not getting in any trouble .

I see what you're saying. The boyfriend is bad news. Yea you have to protect yourself. This is good. We can do this in Custy Exchange.

Ask Us For a Demo



Co-Parenting Tools ▾ Articles Pricing

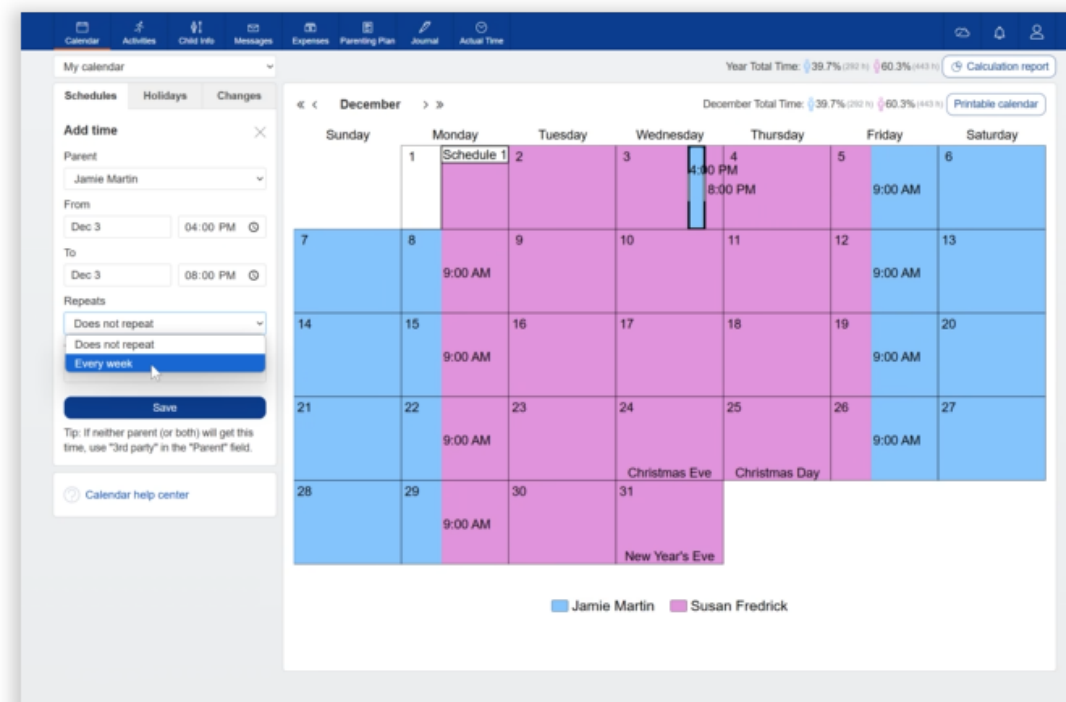
Sign In

Make My Plan

Visualize your schedule. Get a written parenting plan. Calculate your parenting time.

Custody X Change is the trusted tool for creating and managing custody schedules and parenting plans. Our software adapts to your needs—no matter how unique your situation—so you can focus on what matters most: your children.

Make My Schedule and Plan >



Co-Parenting Apps & Parenting Plans



Communication Methods ✓

Except in an emergency, the parents may communicate with each other using only the following methods:

- ☐ In person
- ☐ Phone call
- ☐ Video call
- ☐ Text messaging
- ☐ Email
- ☐ Social media
- ☐ Custody X Change
- ☒ Other:



Etiquette for Communications

- ☐ All communication between the parents must be respectful.
- ☐ The parents must not use the child as messenger between them.
- ☐ Neither parent may record video or audio of the other parent without first receiving consent from the parent to be recorded.

Response Time

- ☐ Each parent must respond to questions or requests within days of when the other parent sends or shares them.

Re: Form Submission - OCHR.org In-Take Form and Questionnaire (...)

 Summarize



Eric Lovelace <eric.lovelace@out>

To: Jake Hornstein

Cc: Jake Hornstein; Greg Hill



 Reply

 Reply All

 Forward



Fri 8/7/2026 6:48 AM

 Click here to download pictures. To help protect your privacy, Outlook prevented automatic download of some pictures in this message.

Greg and Jake,

Yesterday was mediation, and it was total complete victory!

She had 9 overnights, I had 5. **Now:** Me: 10 overnights, Her 4.

Child Support: \$1,593. **Now:** \$0

Temp. Alimony: \$1,500 **Now:** \$1000

My lawyer loved your parenting plan and used it as the final plan.

My lawyer was what I could afford, but he needs to retire and was barely able to keep up. Without you it wouldn't have been as good an outcome.

I paid \$44 for a month of CustodyXchange, best money I ever spent! Will save me tens of thousands over the years.

You're not just a nonprofit, you're a ministry. The time you spent with me on zoom and the time you took to review my plan made it clear to me - I was not alone

"Thank you" doesn't fully cover it but thank you nonetheless!

Regards,
Eric





Early Learning



- Partnerships Between Parents & Teachers
- Support Teacher Retention

Keep Your Child Healthy and in School!



Wellness



- Schedule non-urgent medical appointments outside of school hours.
- Allow child to participate in health and vision screenings offered at school.
- If your child needs to stay home for a prolonged period due to illness, talk to your child's teacher to find out about resources they can use at home to keep learning once they feel well enough.

Co-Parent Engagement in Early Education



The program teaches practical strategies centered around cooperation & communication with school staff and childcare providers.



Jamie Christine · 3w · by Author

Yes! I emailed the parenting plan to their teacher and the teacher was ecstatic. She said no one has done this before and it's beyond helpful. Thanks for the tip!



Reply

Hide



Partnerships form between parents & educators - boosting a child's confidence and long-term academic success.

The program helps providers avoid becoming entangled in co-parent disputes - Keeping conflict out of the learning environment.



Communicate with Teachers

- ✓ Provide custody orders
- ✓ Meet the teacher early
- ✓ Explain your family situation respectfully
- ✓ Request duplicate records & updates



Learn more at OurChildrenHaveRights.org

ECE Workforce Retention & Certificate Achievements



The **no cost service** helps **teachers** develop parenting plans that support long-term professional growth and rewards teacher retention.

- Virtual Workshops
- 1:1 coaching

Teachers gain:

Career Growth & Increased Earning Potential

- A predictable schedule allows the teacher to enroll in professional development trainings that earn State Program Bonuses & Incentives.

Financial Clarity

- Court ordered child support and co-parent expenses

Built-in Time For Self Care

- Designated “off-days” from parenting duties mitigate burnout by giving teachers set time to rest and recharge.



Support for Career Growth

With a **reliable routine**, you can:

- ✓ Enroll in **workforce training** or **certificate programs**
- ✓ Take on **new job responsibilities**
- ✓ **Pursue education** without last-minute childcare worries

Learn more at OurChildrenHaveRights.org

Career Pathways to Early Childhood Education



This program helps single, unmarried and separated parents develop parenting plans that accelerate participation in early childhood education and training.

The program supports the workforce by addressing teacher shortages and alleviating systematic pressures within the early learning system.

- Summer Pay Cuts
- Turnover and Attrition

No Cost Services:

- Virtual Educational Workshops
- 1:1 Virtual Coaching

Workforce Innovation and Opportunity Act (WIOA)



Clarity & Stability

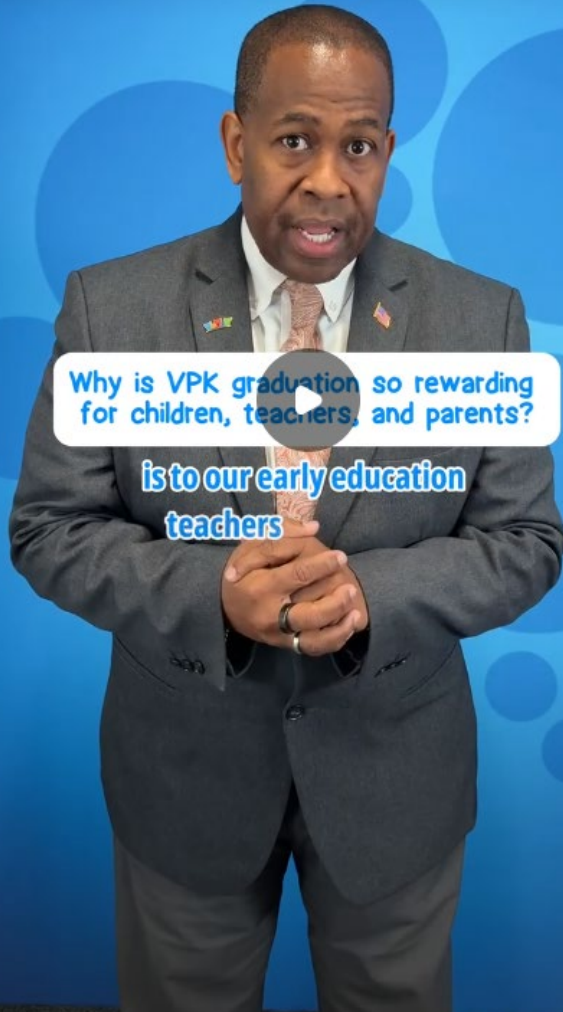
A parenting plan provides **structure for everyday life:**

- ✓ **Clear responsibilities** for each parent
- ✓ **Predictable schedules** for work and family
- ✓ Confidence to commit to **career opportunities**

Learn more at OurChildrenHaveRights.org



Including VPK Enrollment in a Parenting Plan



Select VPK Provider

- Clause: VPK Enrollment program [Name] located at [Provider] for 26–27.
- Contingency: If no spots, [P1/P2] selects within a [X]-mile of residence.

Registration & Admin. Responsibilities

- Clause: [M/F] completes application on Portal, secures COE, and finalize enrollment with provider by (Date). M/F provides copy within 24 hrs.

Wraparound Care Costs:

- The child requires 'wraparound' care at the facility."
- Payment Split: "The total cost of this wraparound care shall be divided 50/50
- [M/F] will pay the provider directly. M/F to reimburse [5] days, invoice via OFW

Attendance & Transportation

- Both parents transport to and from provider during timesharing.
- Neither to keep the child home or cause excessive tardiness.
- Both sign required attendance forms.

Thank You



Child Custody & Co-Parenting Strategies



Jake Hornstein,
Co-Founder & Executive Director
JakeHornstein@OurChildrenHaveRights.com

Greg Hills,
Co-Founder
GregHill@OurChildrenHaveRights.com



What if a Co-Parent is Withholding Info?
Strategy: Checkpoint Milestones



Know Your Baby's Checkpoint Milestones

- Things most children can do by a certain age.
- Tell your baby's doctor what you see, share any concerns

36 Months (3 Years)



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