



PARENTING TIME, AKA VISITATION

The legal visitation process in North Dakota is called parenting time. The purpose of parenting time is to encourage a parent-child relationship that is in the best interest of the child, unless this parenting time would put the child in danger.

Parenting Plans

A parenting plan is a detailed schedule that is either done by the parents or, if parents cannot agree, is created and ordered by the court.

North Dakota law requires parents to have a parenting plan in regards to custody and visitation. This parenting plan is created to be in the best interest of the child and should be as detailed as possible. The parenting plan is meant to help establish parental roles, set up parenting time, decrease conflict, and keep the parents from having to have a court involved in the future.

An example of a parenting plan is [here](#) under Paragraphs 4 through 18.

Supervised Parenting Time

In certain circumstances, the court may require supervised parenting time. Supervised parenting time is usually when parenting time will be supervised by a third party. Parenting centers are available in North Dakota and should be used when possible.

Supervised parenting time is only used in circumstances in which the child's health or safety is at risk. The court usually puts limitations on the duration of the supervised parenting time and/or allows the other party an opportunity to transition into unsupervised parenting time.

Denial of Parenting Time

If you are being denied parenting time, keep track of the dates that you were denied and then ask the other parent to makeup the time you were not able to see your child. If the other parent is denying you time with you child regularly, you may need to call an attorney to help you with following the parenting plan. A parent should not deny another parent parenting time unless the other parent is aware that this time would put the child in danger.

A parent should not stop child support or not allow parenting time when the other parent is not following the court order. The court may enter penalties for either parent not following the parenting plan.