

PARENTHING WEEKLY

The plan, and the Tuesday

Ireland is building co-parenting scaffolding at national level.

Back-to-school is where it holds or slips.

A template is a starting line, not a finish

Ireland now has its first Child Maintenance Guidelines and an online calculator, both live since January 2026, and a national Parenting Plan Template is on the way as part of the Family Justice Strategy. For separated parents, a fair and plain reference point is a real step forward.

But a plan agreed once tells you who does drop-off in principle. It does not tell the other home that the uniform no longer fits, or that the first form of term is due on Friday. The gap between the plan and the week is where the strain quietly lives.

50+

actions in Ireland's Family Justice Strategy, from child maintenance guidelines to a parenting plan template.

The scaffolding for calmer separation is being built nationally. What sets the temperature is one ordinary Tuesday between two homes.

THIS WEEK'S TIP

Sort the September week now, while it's calm

Term is only weeks away. Agree the back-to-school basics before they turn into a scramble: who does the first drop-off, who holds the uniform and the gear, and when the first changeover of term falls.

Then put it somewhere both homes can see, not in one parent's head. A child settles fastest when both houses are working off the same information, rather than chasing each other for it.



The calm a child feels at the school gate is usually the quiet admin two adults sorted the week before.

Most of co-parenting is unthanked logistics. Shared, it stops being one parent's whole invisible week.

Shared information beats softer words

Much of the sector is busy softening how separated parents talk to each other, and that helps. But at back-to-school the harder, quieter win is simpler: both homes seeing the same week, so nothing is carried alone or dropped between two houses.

A national template can set the shape. Whether September feels calm comes down to whether the information is shared, not stored in one head.

Get started at parenting.ie

SOURCES

Child Maintenance Guidelines for Ireland, Department of Justice, launched January 2026. gov.ie

Child Maintenance Calculator, Department of Justice. childmaintenancecalculator.ie

Family Justice Strategy 2022 to 2025, over 50 actions across nine goals, including a Parenting Plan Template. gov.ie



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