

APPENDIX K
LONG DISTANCE PARENTING PLAN AND COMPANIONSHIP CALENDAR
(For parents who live more than 150 miles apart)

INTRODUCTION:

The Law of Ohio requires a court in a divorce, dissolution, spousal support paternity action or child support proceeding to “make any just and reasonable order regarding the rights of a non-residential parent of a child to parent his or her child”.

In the past, a standard court order setting forth parenting rights would often state that a parent is entitled to “reasonable visitation and companionship”. This court order allowed each family to work out their own routine based on the best interests of the child and the needs and schedules of the parents. The court order worked well when parents were able to agree, but when parents could not agree, their only solution to enforce their rights was expensive and time-consuming litigation.

Our experience with any non-specific court order has led us to conclude that the majority of parents need to have a very specific order as there are times when good parents cannot agree due to problems between them and find these problems spilling over into their parental roles. When parents first experience issues between them, then these issues may interfere with the parents’ ability to agree on the children’s issues. Given all the stresses that ending a relationship can put on a mother and father, a parenting plan (schedule of companionship) becomes the standard for both parents as to division of time, to the rights and responsibilities of each parent and provides a base for negotiating a change of weekends, days, holidays and/or vacation time to accommodate personal and family needs, as well as the needs of growing children, without parents having to return to court.

Over the years, this schedule was developed based on the practice of separated parents, the needs of the family members, current research and the experience of court approved mediators. Our goal in setting up a specific schedule of companionship is best expressed in the findings of the authors Wallerstein & Kelly (“Surviving the Breakup”, 1980), as follows:

Children profit by continued exposure to both parents. The future condition of the divorced family is predicted by the ability of the parents to communicate effectively on parenting matters and to allow for each to influence and direct the child(ren)’s development. **CONTINUED CONTACT BETWEEN THE CHILD AND BOTH PARENTS PREDICTS THE CHILD’S SUCCESSFUL ADAPTATION TO DIVORCE.**

Our experience also indicates that each parent needs the frequent and predictable pattern of companionship to avoid being overwhelmed by day-to-day duties as a single parent, and that most importantly, a child needs the continuing and regular involvement with the non-residential parent to feel loved by that parent. No specific schedule will satisfy the changing needs of each parent and child over the years. We know that critical to the success of putting any schedule in practice is that each parent be flexible, willing to change times and/or dates, by mutual

cooperation and agreement, based on the changing needs of a child as (s)he grows older, in addition to the parents own schedules and interests.

If you are experiencing major or continuing problems in putting your companionship or parenting time order or agreement into practice, the court expects that you make your best effort to resolve the problems by contacting the other parent first and trying to work out the differences between you. If your effort has not been successful, then you may wish to contact a court approved mediator who is available to provide assistance with problems that arise from time to time. Or you may wish to file a motion with the court to enforce your order.

If the court order or decree indicates that the court schedule is the order for companionship, then the ORDER OF THE COURT IS AS SET FORTH BELOW. Unless the parties agree to Option 2, or the court orders Option 2, Option 1 is the court order.

PARENTING TIME SHALL TAKE PLACE AT SUCH TIMES AND PLACES AS THE PARTIES CAN AGREE (these are the most important words).

THIS SHALL NOT NORMALLY BE LESS THAN:

Option 1. This option provides three round trips in the even-numbered years, and four round trips in the odd-numbered years, and depending on the lengths of school vacations, this schedule should provide the non-residential parent approximately 72-82 days each year to exercise parenting time. The non-residential parent must give the residential parent thirty (30) days notice

IN WRITING to exercise the following:

Summer Vacation - June 15 through and including August 15 each year; and in the

Even-numbered years:

Christmas Vacation:

- a. School-aged child *: first day of vacation to Dec. 26
- b. Pre-schoolers **: Dec. 18 through Dec. 26

Spring Vacation Break:

- a. School-aged child *: Sixth day of vacation Through last day of vacation
- b. Pre-schoolers **: Monday after Easter Sunday through the following Sunday

Odd-numbered years:

Thanksgiving: Wed., after school Thanksgiving Day, Friday, Saturday, Sunday

Christmas Vacation:

- a. School-aged child *: Dec.26 to last day of vacation
- b. Pre-schoolers **: Dec. 26 through Jan. 2

Spring Vacation Break:

- a. School-aged child *: First full day of vacation through the fifth day
- b. Pre-schoolers **: Sunday before Easter through Easter Sunday

Option 2. This option provides a minimum of two round trips annually, and depending on the lengths of school vacations, this Option should provide approximately 70-78 days per year for the non-residential parent to exercise parenting rights. The non-residential parent must give the residential parent thirty (30) days notice IN WRITING, to exercise the following:

Summer Vacation -- June 15 through and including August 15 each year, and in the:

Even-numbered years:

Christmas Vacation

- a. School-aged child*: first to last day of vacation
- b. Preschoolers**: Dec. 18 through Jan. 2

Odd numbered years:

Spring Vacation Break

- a. School-aged child*: first to last day of vacation
- b. Preschoolers**: Sunday before Easter through Easter

*All school-aged and preschool-aged children of a couple are included in the exercise of companionship rights, unless otherwise ordered.

**For preschoolers who have no school-aged brothers and sisters of this parent's relationship with each other. If a couple has children of both ages, they should follow the schedule for school-aged children.

ADDITIONAL COMPANIONSHIP TIMES:

- a. Weekend: Third Friday at 7 p.m. through Sunday at 7 p.m. every month if travel time between parents homes is less than three (3) hours. **Advance notice must be given to the parent** having custody of one (1) week to exercise this additional companionship time.
- b. Father's Day to the father and Mother's Day to the mother if there is **one (1) week advance notice** to exercise this additional companionship time.
- c. If the non-residential parent travels to the community where the custodial parent lives and gives **two (2) days notice** of intent to exercise companionship, companionship must occur.
- d. If the parent with custody travels to the community where the parent without custody lives, he or she must provide **two (2) days notice** and grant companionship rights to the other parent.

The parents are referred to the Long Distance Parenting Plan and Companionship Schedule for the fuller explanation of their rights and responsibilities.

- e. The residential parent shall enjoy the same additional companionship times as outlined above during extended summer visits with the non-residential parent.

The parents are referred to the Long Distance Parenting Plan and Companionship Schedule for the fuller explanation of their rights and responsibilities.

LONG DISTANCE PARENTING PLAN AND COMPANIONSHIP SCHEDULE

Ohio Law permits a court in a divorce, dissolution, support only, parentage or other proceeding relating to the allocation of parental rights and responsibilities to make any just and reasonable order permitting any non-residential parent to parent his or her child(ren).

Those experienced in dealing with families know that maintaining a healthy parent-parent relationship and child-parent relationship is often difficult even when parents and children live in the same home. When parents live in separate homes, the ability to maintain healthy family relationships may be aggravated when parents have to agree on times and dates, arrange competing (work) schedules, provide transportation, and accommodate each other's and their child(ren)'s emergencies, changing priorities and needs. But when parents live a considerable distance from each other, there may be additional aggravations of transportation and telephone expenses, diminished time for one parent with the child(ren), and increased responsibilities for the other parent, which may impact on a healthy child-parent relationship.

The court has established a specific order of companionship for parents living separately for the following reasons:

1. To provide directions to both parents when disagreements occur about dividing their child(ren)'s time between them. Otherwise, a minor problem may easily turn into stressful, lengthy and expensive litigation.
2. To provide a minimum standard of time for the non-residential parent to have with their child(ren) and a basis for negotiating changes, without the parents incurring expenses for court costs and attorney fees.
3. To provide a statement of rights and responsibilities between the parents regarding implementation of the companionship schedule.

If the parents do not resolve their problems with each other, the result may be the loss for a child of the companionship, love and support from a parent.

Whenever the non-residential parent is awarded the "Court Schedule of Companionship" without restrictions, and either parent moves more than 150 miles from the residence of their child(ren), this parenting plan automatically becomes the order of the court without further court action. If you believe that the parenting plan is inappropriate for your circumstances, then you should file a motion seeking to change the companionship order. See Local Rule 2.19.

No specific schedule will always satisfy the child(ren)'s needs, as well as those of each parent. We know that critical to the success of putting any schedule in practice is that each parent is flexible, willing to change times by mutual cooperation and agreement, based on the changing needs of their child as he or she grows older.

Research regarding children of separated parents indicates “children profit by continued exposure to both parents”. The future condition of the divorced family is predicted by the ability of the parents to communicate effectively on parenting matters and to allow for each to influence and direct the child’s development. Continued contact between the child and both parents predicts the child’s successful adaptation to divorce. (Wallerstein & Kelly, “Surviving the Break-Up, 1980).

If you are experiencing serious or continuing problems in working out a time-sharing arrangement with the child(ren)’s other parent. **THE COURT EXPECTS THAT YOU WILL MAKE YOUR VERY BEST EFFORT TO RESOLVE THE PROBLEM BY CONTACTING THE OTHER PARENT FIRST AND TRYING TO WORK OUT THE DIFFERENCES BETWEEN YOU.**

It is normal that problems will from time to time arise. You may seek the assistance of a court approved family mediator or you may wish to file a motion with the court to try and resolve your differences with the other parent.

IF YOUR COURT ORDER SPECIFIES THE “LONG DISTANCE SCHEDULE” AS THE ORDER OF THE COURT, THEN THE ORDER OF THE COURT IS AS FOLLOWS:

Companionship shall take place at such times and places **AS THE PARTIES CAN AGREE** (these are the most important words). This shall not *normally* be less than:

Option 1: (Unless the parties agree to Option 2 or the court orders Option 2, then Option 1 is the order of the court.)

- (a) Summer vacation shall be from June 15 through August 15 of each calendar year. These dates cannot be changed except by agreement of both parents, or court order.
- (b) Wednesday afternoon (from after school), Thanksgiving Day, and the Friday after, and the weekend following in the odd-numbered years, unless the parties agree otherwise.
- (c) The Christmas vacation for a school-aged child (including pre-school aged brothers and sisters of this relationship) shall be the first full day of school vacation through December 26 in the even-numbered years; and from December 26 through the last full day of school vacation in the odd-numbered years.
- (d) The Christmas vacation for a pre-school aged child (with no school aged brothers or sisters of this relationship) from December 18 through December 26, in the even-numbered years; and from December 26 through January 2 in the odd-numbered years, unless the parties agree otherwise.
- (e) Spring break vacation for school-aged child(ren) (including pre-school aged brothers and sisters of this relationship) in the odd-numbered years, unless the parties agree otherwise, from the first full day of spring break through the fifth full day of spring break vacation.

(f) Spring break vacation for school-aged child(ren) (including pre-school aged brothers and sisters of this relationship) in the even-numbered years, unless the parties agree otherwise, from the sixth full day of spring break through the last full day of spring break vacation.

(g) Spring vacation for pre-school aged child(ren) (with no school aged brothers and sisters of this relationship) shall be the Sunday before Easter through and including Easter Sunday in the odd-numbered years, unless the parties agree otherwise; the Monday after Easter through the following Sunday in the even-numbered years.

(h) It is the responsibility of the residential parent to notify the other parent, in writing, of all dates for Christmas and Spring Break vacations no later than October 1 of each calendar year if there is a school aged child. See section 4, Paragraph (d) for notice requirement by non-residential parent.

Option 2. (The parties must agree to this option or the court must specifically order this option, or Option 1 is the order of the court.)

(a) Summer vacation shall be from June 15 through August 15 of each year. These dates cannot be changed except by agreement of the parents, or a court order.

(b) The Christmas vacation which coincides with the child's school vacation for school aged children (including any pre-school aged brothers and sisters of this relationship) in the even-numbered years, unless the parties agree otherwise.

(c) The Christmas vacation for pre-school aged children (with no school aged brothers and sisters of this relationship) shall be spent with the non-residential parent in the even-numbered years from December 1 through January 2 unless the parties agree otherwise.

(d) The Spring Break vacation for pre-school aged children which coincides with the child's school vacation (including any pre-school aged brothers and sisters of this relationship) in the odd-numbered years unless the parties agree otherwise.

(e) The Spring Break vacation for pre-school aged children (with no school aged brothers and sisters of this relationship) shall be the Sunday before Easter through and including Easter Sunday, in the odd-numbered years unless the parties agree otherwise.

(f) It is the responsibility of the residential parent to notify the other parent, in writing, no later than October 1 of each year of the dates for Christmas and Spring Break vacations if they have a school aged child. See section 4, Paragraph (d) for notice requirement by non-residential parent.

4. ADDITIONAL COMPANIONSHIP TIMES.

a. Weekend: A once-a-month weekend beginning the third Friday of each month, unless agreed otherwise, if the traveling time for the child does not exceed three(3) hours one way from home to home. The residential parent must have at least one week advance notice.

The times are 7 p.m. on Friday, through 7 p.m. on Sunday, unless the parents agree to different times.

b. Father's or Mother's Day will always be spent with the appropriate parent, if the parent chooses to spend the day with the child(ren). One week's advance notice to the residential parent is necessary.

c. The non-residential parent who visits the community where the residential parent lives is entitled to companionship with the child (ren) if the non-residential parent provides two (2) days advance notice to the residential parent. The residential parent must permit the companionship between the other parent and their child (ren) outside the presence of the residential parent. Frequent and regular visits are highly recommended for pre-school aged children.

d. The residential parent who visits the community where the non-residential parent lives and bring their child (ren) must give at least two (2) days advance notice to the other parent and must provide companionship between the other parent and their child (ren) outside the presence of the residential parent.

e. Such other times as agreed.

5. LONG DISTANCE PARENTING (COMPANIONSHIP) REGULATIONS

a. Basis for Schedule

This parenting plan and schedule presumes that the father and mother are good parents who are each capable of meeting the physical and emotional needs of the child (ren); that their child is safe with each of them; that father and mother respect the right of their child to have two parents throughout the child's lifetime as necessary to the healthy and full development of their child; that mother and father respect the right of the other to parent their child; and that their child has the right to love both parents regardless of whether the parents get along with each other.

b. Keeping the Children Together

This schedule presumes that if these parents have more than one child of their relationship with each other, the companionship will be exercised with all of their children together, not separately.

c. Exercise of Companionship

This schedule presumes that the non-residential parent shall exercise all companionship times and days listed in Option 1 or Option 2, whichever the parties choose or the court orders, so long as proper notice is given. The residential parent shall presume that the non-residential parent will exercise all companionship under the option chosen or ordered, and not schedule any plans for their child which interferes with the non-residential parent's rights of companionship or deny the rights set forth in this schedule to the other parent.

d. Notice of Intent to Exercise Companionship

Notice of intent to exercise companionship periods must be provided in writing by the non-residential parent for all companionship periods not less than thirty (30) days in advance of the first day of the companionship period unless the schedule sets a different notice limit. It would be wise for the non-residential parent to telephone the residential parent to make certain that the notice was received within one (1) week of sending the notice.

e. Cancellation of Companionship by Non-Residential Parent

The non-residential parent must give notice of the intent NOT to have companionship, as soon as he or she is aware that companionship is not possible, unless a last minute emergency occurs. A parent who does not exercise companionship forfeits the time and is not entitled to make-up companionship, unless the parties agree otherwise.

f. Summer School

Summer school which is necessary for a child to pass to the next grade must be attended at the location of the non-custodian's home after receipt of written notice from the residential parent. The non-residential parent must make arrangements with both schools and be certain that documentation of completion is received by the child's school in the residential parent's community.

g. Communication Between Parents

IT IS THE ABSOLUTE RESPONSIBILITY OF THE **PARENTS**, NOT THE CHILD(REN), TO MAKE ALL COMPANIONSHIP ARRANGEMENTS BETWEEN THEM. The child(ren) cannot become the agent of the parent to make companionship arrangements. One of the most common mistakes parents make who are having trouble communicating with each other is to use the child(ren) to make all companionship arrangements. Using the children as mediators or go-betweens damages a child. A parent must not make suggestions to a child or allow a child to plan the times, dates, or events for companionship.

When Parents Do Not Communicate With Each Other

Parents temporarily may use other adults to make arrangements for companionship. But the best solution is to seek professional help to learn or improve their ability to work together for their child (ren)'s best interest. Failing to get the cooperation of the other parent to enter counseling, a parent should call the court approved mediator or file a motion with the court to order counseling to resolve this very serious problem before the damage to the child becomes irreversible.

h. Returning the Child(ren) After Exercising Companionship

This schedule presumes that the non-residential parent will not return the child(ren) before the end of the companionship period schedule (not early, not on a different day), unless the parents agree in advance, nor return the child(ren) late; and that the residential parent or other responsible adult well known to the child(ren) will be present at the place the child(ren) will be returned.

i. Communication Between Parent and Child

This schedule presumes that in place of frequent and regular physical contact with would be available if the parents lived nearer to the other, that frequent and liberal communication

between the non-residential parent and his or her child (ren) is vital. Unless the parties agree or the court orders otherwise, there shall be no limit on the number and length of telephone calls from either parent to his or her child (but the court retains the right to limit telephone calls if it finds that is not in the best interests of the child for the other parent to have unlimited privileges, if the calls are disruptive to the child, or for the purpose of interrogating the child concerning the other parent, or the calls are for harassing the other parent). If it is the practice of the residential parent to use a telephone answering device, the parents should agree in advance when the other parent will call at a designated time, so that the call may be completed. Each parent must always provide a home telephone number to the other parent where the child may be reached.

Each parent must provide all letters, audio tapes, video tapes, gifts, cards, and any written communication from the other parent to the child as soon as it is received, and must provide a home address to the other parent at all times.

Each parent must also allow all communications requested by the child in his or her home to the other parent (excluding telephone calls for which the parent would be charged). However, the child is not permitted to call the other parent more than one time each day unless the parent from whose home the call is being placed consents.

The child must be allowed privacy by each parent for the purposes of communicating with the other.

j. Transportation for Exercise of Companionship

The general rule is that the non-residential parent is absolutely responsible for the physical transporting of the child from the residential parent's home to his or her own home in exercising the long distance schedule. Travel by methods other than car requires the residential parent to transport the child timely to the transportation terminal for departure and for picking up the child from the terminal as well. The residential parent is absolutely responsible for the physical transportation of the child from the non-residential parent's home to his or her home at the end of the non-residential parent's parenting time. Travel by methods other than car requires the non-residential parent to transport the child timely to the transportation terminal for departure.

Transportation by Car: Any responsible adult with a valid driver's license and well-known to the child(ren) may be utilized by the non-residential parent to provide transportation. All child restraint laws must be complied with by a person driving the child (ren). No person transporting the child may be a user of illegal drugs or under the influences of alcohol.

Transportation by Airplane: Airline regulations govern the age at which a child may fly unescorted. Any older child may fly under such regulations as each airline may establish. To obtain the lowest rates, airline reservations should be made well in advance and preferably non-stop, if possible. The parent who is taking the child to the airport must call the other parent immediately upon departure to notify the other parent that the child is arriving and the parent who meets the child must immediately notify the other parent that the child has arrived. Parents should consider in making the decision on this method of transportation whether or not the child may need an adult to chaperone the flight.

Other Methods of Transportation: The parent should carefully consider in using any other method of transportation, the age of the child, the safety of the child traveling alone, and the child's experience in traveling alone, or whether an adult well-known to the child (ren) should be traveling with the child (ren). No method of transportation should be considered which puts the child (ren) at risk.

Costs of Transportation: The non-residential parent shall pay for the transportation costs to the non-residential parent's residence and the residential parent shall pay for the transportation costs to the residential parent's residence, unless the court determines otherwise.

k. Children's Clothing

The residential parent is responsible for providing sufficient appropriate clean clothing for the companionship period, including good and play clothes, based on the lifestyle of the residential parent and child. If the planned companionship activities require special or unusual clothing needs, the non-residential parent must notify the residential parent at least two (2) days in advance of the companionship period. If the child does not have the type of clothing requested, the residential is under no obligation to comply with the request. All clothing sent by the residential parent must be immediately returned at the end of the companionship period.

l. Traditions and Family

This schedule is in no way meant to interfere with family traditions. Each parent is encouraged to respect each other's family traditions and to adjust the companionship schedule accordingly. Each parent should expect new family traditions will develop. It is expected that the child(ren) will continue to have contact with grandparents, aunts, uncles, cousins and any other family members during such times as they are with parents.

m. Children's Activities

Scheduled companionship periods must not be delayed or denied because a child wishes to schedule other activities with friends, work, lessons, sports, which conflict with the non-residential parent's scheduled companionship periods with the child(ren). No residential parent shall schedule or allow a child to schedule any event which conflicts with the times and dates for companionship herein, unless the parties agree otherwise. This schedule anticipates that the child will develop new friends and relationships with others, and have additional activities in a different community which are presumed to be beneficial to the child.

n. Child's Response to Long Distance Companionship

Children whose parents live at a considerable distance from each other grow up to be as normal and healthy as children whose parents live together, if the parents communicate well and if both parents continue regular contact with their child(ren), avoiding anger in front of the child(ren) when dealing with or talking about the other parent.

It is quite normal for the first long distance companionship for a child to have a strong emotional reaction to leaving his or her residential parent and may have an equally strong reaction when leaving the non-residential parent. Parents need to know that their child's emotional response is natural and that it does not mean that the child does not love the other parent, or wishes not to be

returned to that parent. Parents need to calmly reassure the child that he or she will see the other parent again. A healthy child should adjust to the situation.

Some parents are naturally concerned about a very young child being separated from the residential parent for extended periods of time set by this schedule. So long as the non-residential parent has established a relationship with the child, the general rule is that the child should spend the time set forth in the schedule with that parent and will adjust to new surroundings with the assistance of his or her parent. The non-residential parent may obtain from the office of the court approved mediator special information on the unique needs of very small children during lengthy companionship.

If a child indicates strong opposition to being with the other parent, it is the responsibility of both parents to calmly talk to the child as to the child's reasons and to work together to do what is in the child's best interest, particularly avoiding confrontation or unpleasant scenes. If the matter is not settled quickly, either parent should seek the immediate assistance of a mental health professional or court approved mediator, or file a motion with the court. No parent should allow a child to decide when or whether a companionship period will take place. As uncomfortable as this problem may be for either parent, this issue should not go unresolved. **IT IS THE ABSOLUTE, AFFIRMATIVE DUTY OF THE RESIDENTIAL PARENT TO MAKE CERTAIN THAT HIS OR HER CHILD(REN) GO FOR ALL COMPANIONSHIP PERIODS AND THE RESIDENTIAL PARENT DISCUSSES WITH THE CHILD IN ADVANCE OF THE COMPANIONSHIP THE IMPORTANCE OF HIS OR HER CONTINUING RELATIONSHIP WITH THE OTHER PARENT.**

o. Information Required to be Shared with Non-Residential Parent

Each parent shall promptly provide to the other parent information available involving the following: copies of all report cards, conference reports, honors, unsatisfactory reports, and graduate exercises, therapy reports, physician reports, school pictures, school year calendars, and other similar documentation as it relates to any child of these parents, of any court proceeding involving the minor child, of any investigation of any agency involving the minor child, the names, addresses and telephone numbers of any day care center and school the child is enrolled in, the names and addresses and telephone numbers of any treating physician, dentists, specialist of any kind who are treating the minor child(ren) (and authorizations to speak to any of the above names persons involved in the child(ren)'s life), and an intent to move from the last known residence (not less than thirty (30) days in advance of the physical move), unless the court orders otherwise.

p. Penalties For The Parent Who Willfully Fails To Comply With This Companionship Schedule

A parent who willfully fails to comply with this companionship schedule may be found guilty of contempt of court, the penalty for which is a fine not to exceed \$500.00, and a jail sentence not to exceed ten (10) days for each separate act of contempt. The court may also assess attorney fees and court costs, order the appointment of a guardian (attorney) for the minor child, and order

payment of the guardian's fee. The court may order the reimbursement of transportation costs and make-up companionship, in addition to any other remedy available at law.

q. Child's Health

As a general rule, if a child is hospitalized, has a serious injury or illness, each parent is entitled to be notified. If the child is ill or injured while with the non-residential parent, the parent shall secure appropriate emergency treatment. The residential parent shall be notified. Regularly prescribed medications should be sent during companionship (i.e.: asthma or allergy medicine). Any health care regime recommended by the child's doctor in case of certain symptoms should be copied and sent in advance of the companionship period.

r. Step-Parent Name

A parent should not suggest, encourage, or require a child to refer to any person other than the child's parents as "mom", "dad", etc., nor permit any other person to do so.

s. Discipline and Changes In Child's Behavior

It is presumed that parents use methods of discipline consistent with the law and consistent with each other as much as possible, and communicate with the other parent if the child is having a discipline problem. Parents need to discuss behavior problems and solutions with each other as the need arises. Parents who have major disagreements over appropriate discipline or solutions should seek the assistance of the court approved mediator or mental health professional. Examples of time for concern are a decline of child's grades, serious or chronic school problems, dramatic changes in behavior, and delinquency, to name a few.

t. Moving

Either parent must notify the other in writing at least thirty (30) days in advance of their intent to change their residence and provide a new address and telephone number within ten (10) days of establishing a new residence.

u. Modifying This Order

The court reserves the right to modify this companionship order upon motion by either party.