

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

By providing an email address, I agree that the court and other parties can send me court documents at this email address.

[Fill out the case caption below exactly the same as on the complaint.]

IN THE SUPERIOR COURT FOR THE STATE OF ALASKA

AT \_\_\_\_\_

Parent A: \_\_\_\_\_

Parent B: \_\_\_\_\_ Case No. \_\_\_\_\_

### BEST INTERESTS AFFIDAVIT AND MEMORANDUM

A parenting plan (also called a custody and visitation plan) decides two main things:

1. Living Arrangements: where the children will live and which parent they will be with on certain days and times.
2. Decision-Making: how decisions will be made about the children.

A judge decides a parenting plan based on the children's best interests. To do this, the judge looks at the factors listed below. Use this form to tell the judge why the parenting plan you want for the children is in their best interests. The judge will address each factor when they are making their decision, so it's important to write your thoughts for each one.

Learn more about parenting plans at [ak-courts.info/parentingplan](http://ak-courts.info/parentingplan).

I, \_\_\_\_\_ [your name], swear or affirm that the following facts are true to the best of my knowledge. This form explains why my proposed parenting plan is in the best interests of the children:

1. ☐ My proposed parenting plan is attached as a separate document.  
☐ My proposed parenting plan is:

A. Decision-Making.

☐ joint decision-making.

☐ sole decision-making to ☐ Parent A. ☐ Parent B.

B. Living Arrangements. [The children's schedule. Which parent the children will physically be with and live with **on particular days and times.**]

Usual schedule during the week or year: [Be as specific as possible.]

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Special schedule for summer or other vacations (spring break, winter break, etc.):

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Special arrangements for holidays and birthdays:

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Other:

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- 2.** Describe the children's physical, emotional, mental, religious, and social needs:

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- 3.** Explain the ways each parent can or cannot meet the children's needs that you listed in the last answer:

Parent A:

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Parent B:

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- 4.** If the children are old enough, explain what you think their preference is and why you think it is their preference. If the children are too young to state a preference, write that below:

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- 5.** Describe the love and affection between each parent and the children.

Parent A:

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Parent B:

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- 6.** The proposed parenting plan is ☐ different than ☐ similar to what the children have been doing before. Describe how your proposal is in the children's best interests:

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- 7.** Explain the ways each parent will help the children have a loving and close relationship with the other parent. For example, how the children will communicate with the other parent when they are with you:

Parent A:

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Parent B:

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- 8.** There ☐ has ☐ has not been domestic violence, child abuse, or child neglect in the home where the children should live. If there has been, explain how your proposed parenting plan addresses these issues.

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- 9.** There ☐ is ☐ is not a history of violence between the parents. If there is, explain how your parenting plan addresses these issues.

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10. There ☐ has ☐ has not been substance abuse by either parent or other members of the household that directly affects the children. If there has been, explain how your parenting plan addresses these issues.

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11. Explain anything else you want the court to consider when deciding the parenting plan and what is in the children's best interests:

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[If you need more room to answer any question, attach extra pages. Write only on one side of the page.]

☐ I attached \_\_\_\_ extra pages.

**[Wait** to sign the forms until you are in front of a notary public. The court clerk can do this for you for free. Bring a valid photo ID with you. If you do not have access to a notary or a court clerk, or if you do not have ID, attach *Self-Certification* (form [TF-835](#)) to this form.]

I swear or affirm under penalty of perjury that everything I wrote in this form is true to the best of my knowledge and belief.

_____ Date	_____ Signature	_____ Print or Type Name
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Subscribed and sworn to or affirmed before me at \_\_\_\_\_ on \_\_\_\_\_

(SEAL)

\_\_\_\_\_  
Court clerk, notary public, or other person authorized to  
administer oaths  
My commission expires: \_\_\_\_\_

**You must give a copy of this form (and everything attached to it) to every party in the case.** This is called "service."

**Use TrueFiling to serve the other party if:**

- Both you and the other party are using TrueFiling.
- You are using TrueFiling and the other party gave their email address to the court.

**Use the Certificate of Service below if:**

- The other party is not using TrueFiling and did not give their email address to the court.
- TrueFiling is not available - check TrueFiling availability at <https://ak-courts.info/tfcourts>
- You are exempt from using TrueFiling.

Certificate of Service

I certify on \_\_\_\_\_ at \_\_\_\_\_ [date/time] I gave a copy of this document **and** any attachments by ☐ mail. ☐ hand-delivery. ☐ TrueFiling. ☐ email. [You can only use email if the other party provided an email address to the court].

I served these people: \_\_\_\_\_

Signature: \_\_\_\_\_