

# 4 Living

## Practical tools for real life



Love is not finite. Your child can love both of you unconditionally and the love for one parent does not impact on the love for the other parent.

Time is finite. Your child will have to share their time between their parents and potentially between their new extended and interconnected families.

There are many ways for time to be shared between parents. As per the school timetable, two-week patterns are the norm due to the even number of days and the ability for the children to spend a weekend with both parents.

Some of the more common patterns include a week on - week off (7/7), or alternate weekends with a midweek night (6/4/3/1). All of these options can be difficult to visualise so we have included some templates for you to work out your own agreements.



**When you harshly criticise your spouse, or ex-spouse in front of your children, you are attacking their DNA**

~ Psychotherapist, M. Gary Neuman

## Step 4: Living Arrangements

### Example Child Arrangements

#### Example 1: Week On – Week Off (7/7)

Week 1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parent 1	X	X	X	X	X	X	X
Parent 2							

Week 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parent 1							
Parent 2	X	X	X	X	X	X	X

#### Example 2: Short Rotation (2/2/3)

Week 1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parent 1	X	X			X	X	X
Parent 2			X	X			

Week 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parent 1			X	X			
Parent 2	X	X			X	X	X

#### Example 3: Alternate Weekends with a Midweek (6/4/3/1)

Week 1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parent 1	X	X	X				
Parent 2				X	X	X	X

Week 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parent 1	X	X	X		X	X	X
Parent 2				X			

Child Arrangements Planning Templates: Term-Time

Blank Template 1

Week 1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parent 1							
Parent 2							

Week 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parent 1							
Parent 2							

Blank Template 2

Week 1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parent 1							
Parent 2							

Week 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parent 1							
Parent 2							

Blank Template 3

Week 1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parent 1							
Parent 2							

Week 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parent 1							
Parent 2							

*Child Arrangements Planning: Holidays*

Half Terms Blank Template

<b>Feb HT</b>	<b>Sat</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>Parent 1</b>									
<b>Parent 2</b>									

<b>May HT</b>	<b>Sat</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>Parent 1</b>									
<b>Parent 2</b>									

<b>Oct HT</b>	<b>Sat</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>Parent 1</b>									
<b>Parent 2</b>									

Easter Blank Template

Odd Years

Week 1	Sat	Sun	Mon	Tue	Wed	Thu	Fri
Parent 1							
Parent 2							

Week 2	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parent 1									
Parent 2									

Even Years

Week 1	Sat	Sun	Mon	Tue	Wed	Thu	Fri
Parent 1							
Parent 2							

Week 2	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Parent 1									
Parent 2									

Summer Blank Template

Summer	Parent	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Parent 1							
Week 1	Parent 2							
Week 2	Parent 1							
Week 2	Parent 2							
Week 3	Parent 1							
Week 3	Parent 2							
Week 4	Parent 1							
Week 4	Parent 2							
Week 5	Parent 1							
Week 5	Parent 2							
Week 6	Parent 1							
Week 6	Parent 2							

Example Child Arrangements: Christmas

Example: Alternating Christmas and New Year

Odd Years	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	4
Parent 1	Normal	Routine	X	X	X	X	X	X							Normal	Routine
Parent 2	Normal	Routine							X	X	X	X	X	X	Normal	Routine

Even Years	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	4
Parent 1	Normal	Routine							X	X	X	X	X	X	Normal	Routine
Parent 2	Normal	Routine	X	X	X	X	X	X							Normal	Routine

Blank Template

Odd years	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	4
Parent 1																
Parent 2																

Even Years	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	4
Parent 1																
Parent 2																