



FREE CO-PARENTING GUIDE

The calmer co-parenting week

Seven small habits that take the heat
out of the week.

parenthing.ie

Agree the week before it starts

- Sort the schedule a few days ahead, not on the day.
- Keep it in one place so nobody has to guess.
- Name who does drop-off and who does pick-up.

Keep messages short and about the child

- One topic per message.
- Ask, do not accuse.
- Sleep on anything written in anger.

Make the handover boring

- Same time and place where you can.
- A quick, warm goodbye.
- Let your child settle before the questions.

Put money in writing, calmly

- Agree who pays what before the cost lands.
- Keep receipts in one place.
- A shared record beats a good memory.

Let your child miss the other parent

- It is love, not rejection.
- A photo or a quick call can help.
- Two homes can both be home.

Look after your own week too

- A hard week is easier when you are rested.
- Ask for help before you are stretched.
- You are doing a hard thing well.

One calmer week leads to the next

None of this has to be perfect. Small habits, repeated, do the work.

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