

Month of: _____

Transition Days:

Date: _____

Houses: Mom to Dad / Dad to Mom

Items:

Date: _____

Houses: Mom to Dad / Dad to Mom

Items:

Date: _____

Houses: Mom to Dad / Dad to Mom

Items:



CO-PARENTING SCHEDULES

FREE LISTS FOR 2 HOUSEHOLDS

TO RUN SMOOTHLY

Transition List

My Two Bedrooms

Name: _____



which days your children will be going from mom's house to dad's house and vice versa. It's important to note transfer dates which makes it easier on the kids and us parents. Discuss with your co-parent about which items will always go back and forth no matter what. In our houses, we have uniforms, shoes and jackets and the kids wear uniforms to school. They have to wear black shoes. These go and forth along with backpacks, library books, gym bags etc. They also have a gym bag that goes back and forth but other than that, we try to keep the shared stuff to a minimum.

Anything that the other parent will need until you get them again on the transfer list. For example, if it's a Friday but you know the other parent will be sending the kids off to school on Monday, make sure they have all the necessary items for school next week and give it to the other parent on Friday.

Make this list be as generic as possible so you can print off and keep in a spot in your house. Always refer to it OR you can change it with each transfer date and make it more specific. Examples:

Example

Wednesday Mom to Dad

- Favorite stuffies
Backpacks
Library books
Red school shoes and jackets
Dad's lunch containers

Table with columns for Wednesday, Thursday, Friday and a blank column. The table is currently empty.