

A TWO HOMES CALENDAR

My two homes

_____ _____

_____

Colour each night for the home you sleep in.

SUN	MON	TUE	WED	THU	FRI	SAT
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

Switch day ○ Cross off each sleep

_____ comes too, every time.

One special thing rides along. The rest lives in both homes.

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Watch your child's face when the kid with two front doors is them.

Scan to see the story.

FOR THE GROWN-UPS

Switch day, and the hour after

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Little kids do best when both homes feel like theirs and the grown-ups are kind at the door. Put the calendar where your child can see it, colour in the nights together, and keep switch day small and the same every time.

Their names for each home

- [ ] **Use the names your child uses,** on the calendar, at the door and at bedtime, in both houses.
- [ ] **Both are home.** "Going home" can mean either one.
- [ ] **Look at the calendar together** the night before a switch, and count the sleeps.

At the door

- [ ] **The same short goodbye every time:** a hug, a kiss in the palm, a high five. Then go.
- [ ] **Be polite to the other grown-up.** The CPS: "Be polite when your children are picked up or dropped off."
- [ ] **No messages to carry,** and no questions about the other house.

What travels

- [ ] **One special thing rides along every time.** Pack it first, so it never gets left.
- [ ] **Everyday things live in both houses:** pyjamas, a toothbrush, a cup, a book for bedtime.
- [ ] **A photo of the other grown-up** in their room in each home.

The first hour back

- [ ] **Grumpy is normal.** Raising Children: they "might feel unsettled and grumpy when they first arrive".
- [ ] **The same small thing every time:** a snack, a cuddle on the couch, a story.
- [ ] **Crying at the door is usually about leaving,** not about where they're going, and most kids are fine within minutes.

Say it more than once

- [ ] **Little kids think they caused it.** Tell them plainly, and again when they ask.
- [ ] **The words:** "You didn't do anything to cause us to separate or divorce." (Justice Canada)
- [ ] **Both of us love you,** and both homes are yours.

Calls and bedtime

- [ ] **A short call at the same time each day,** not at lights out.
- [ ] **Same bedtime and the same order** in both homes, as close as you can.
- [ ] **If sleep, eating or mood stay off** for several weeks once things settle, talk to your doctor.

What's behind this: the Canadian Paediatric Society, the American Academy of Pediatrics (HealthyChildren.org), Raising Children Network, Zero to Three, Sesame Workshop, Justice Canada, and parents' own accounts. The full guide is at fablefleet.com/co-parenting-calendar.

Watch your child's face when the kid with two front doors is them.

A story with their name in it: a little moon in their fist on the ride, both their grown-ups at their doors, the same moon over both their homes. **Scan to see the story.**



fablefleet.com/stories/two-homes

Free bedtime routine in the app