

# The 2-2-3 Schedule

*Two nights at one home, two at the other, then three back at the first. The pattern flips each week and repeats every fortnight.*



● \_\_\_\_\_ 's home      ● \_\_\_\_\_ 's home

<b>50 / 50</b> TIME AT EACH HOME	<b>3 nights</b> LONGEST STRETCH APART	<b>3 a week</b> HANDOVERS	<b>2 weeks</b> FULL CYCLE
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**Who this rhythm suits**  
Parents who live near each other and both want frequent time. It's often chosen for younger children because neither stretch away from either home is longer than three nights. The trade is more handovers, so it works best when the journey between homes is short and the handover itself is calm and quick.

**For the little one.** Frequent moves are easier on small children than long absences. Keep bedtime, meals and the goodbye words the same at both homes; the steady routine carries them across.



# 2-2-3: your month

Write the dates in the corner, then colour each day's circle in your two colours. Stick it on the fridge at both homes so your child can always see where they wake up next.

MONTH

YEAR

MON	TUE	WED	THU	FRI	SAT	SUN
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