

The 2-2-5-5 Schedule

*The same two weekdays at each home every week, with the long weekends taking turns.
Two, two, five, five, then repeat.*

WEEK 1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun

● _____ 's home ● _____ 's home

50 / 50

TIME AT EACH HOME

5 nights

LONGEST STRETCH
APART

4 a fortnight

HANDOVERS

2 weeks

FULL CYCLE

Who this rhythm suits

School-age children who do well with fixed anchors: Monday and Tuesday always at one home, Wednesday and Thursday always at the other. Clubs, tuition and routines land on the same days every week. The five-night stretches ask a little more independence, so this pattern tends to fit from around school age up.

For the little one. Fixed weekdays mean your child always knows where Tuesday lives. Put this sheet where they can see it, and let them colour the days themselves; knowing the pattern is half the calm.



2-2-5-5: 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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 _____ 's home  _____ 's home