

The 3-3-4-4 Schedule

Three nights at one home, three at the other, then four and four. Every fortnight the pattern completes and starts again.

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

4 nights

LONGEST STRETCH
APART

2 a week

HANDOVERS

2 weeks

FULL CYCLE

Who this rhythm suits

Families who want an even split with fewer handovers than 2-2-3. The start of each week stays anchored to the same home, which makes school mornings and activities easier to plan, while weekends rotate so both homes get the slow days. A good middle step as children get older.

For the little one. Four nights is a long time for a small child to hold a parent in mind. A short call or a drawing travelling in the bag keeps the other home present without making the missing bigger.

3-3-4-4: 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