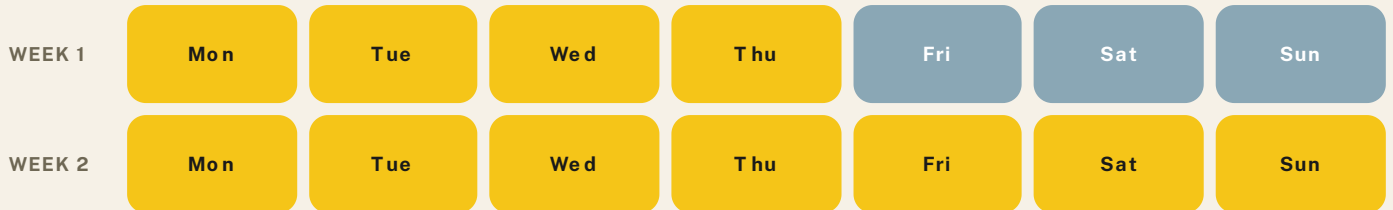


Alternating Weekends

School weeks at one home, every other weekend at the other, often from Friday afternoon to Sunday evening.



● _____ 's home ● _____ 's home

<p>Weekdays AT ONE STEADY BASE</p>	<p>Every 2nd WEEKEND AT THE OTHER</p>	<p>2 a fortnight HANDOVERS</p>	<p>2 weeks FULL CYCLE</p>
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Who this rhythm suits

Families where distance, work patterns or a child's age make an even split impractical for now. One home carries the school week; the other gets real, unhurried weekend time. Many families add a midweek visit or a regular call so the gap between weekends never feels long, and revisit the balance as circumstances change.

For the little one. Weekend time is short, so protect it from errands and make room for the ordinary: cooking together, the same bedtime story, nothing staged. Children remember the ordinary most.

Alternating weekends: **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