

The First Month in **Both Homes**

Four gentle weekly checklists for the start of life across both homes. Small, kept promises, one week at a time.

Week one: the basics hold

- A proper bed and a few familiar things at both homes
- The schedule pattern chosen, even provisionally
- School or nursery told, quietly and factually
- The same short goodnight words agreed for both homes
- Answers for your child agreed: short, warm, the same from both parents

Nothing needs to be perfect this week. It needs to be predictable.

Week two: the rhythm starts

- First full pattern cycle completed, even imperfectly
- The handover bag packed the night before, every time
- Handover greetings kept short and friendly at the door
- One photo or drawing travelling between homes with your child

The first full cycle matters more than any conversation about it.

The First Month, weeks three and four

The practical layer goes in, then the first calm look back.

Week three: the practical layer

- Expense sharing agreed and the first log started
- School info sheet filled in and pinned up at both homes
- The first Monday note sent, with one good moment in it
- Medicine and allergy card on both fridges

Paper carries what memory shouldn't have to.

Week four: the check-in

- A calm twenty-minute review booked: what's working, what needs adjusting
- The monthly settle-up done and dated
- The schedule confirmed or adjusted for month two
- One thing your child seems to find hard, noted and shared gently
- One thing your child seems to enjoy, kept exactly as it is

Adjusting the plan is the plan working, not the plan failing.

A month of small, kept promises does more for a child than any single big conversation. If this month was rough, that's information, not failure; steady the basics and run it again.