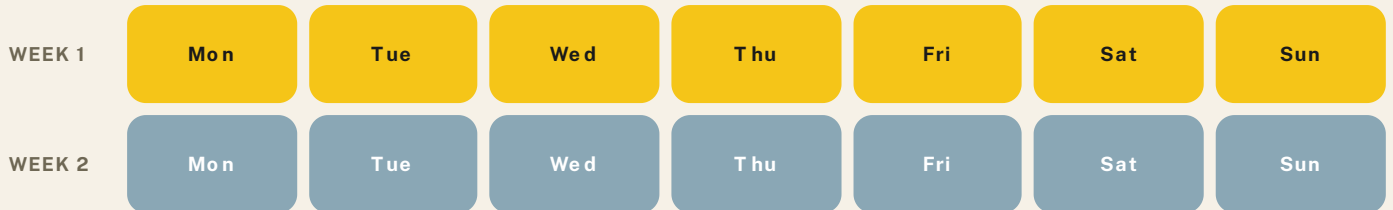


Week On, Week Off

Seven nights at one home, seven at the other. The simplest even pattern there is, with one handover a week.



● _____ 's home ● _____ 's home

50 / 50

TIME AT EACH HOME

7 nights

LONGEST STRETCH
APART

1 a week

HANDOVERS

2 weeks

FULL CYCLE

Who this rhythm suits

Older children and teenagers who pack once, settle in and live a full week in each place. Fewest handovers of any even pattern, which also makes it the gentlest on parents who find exchanges hard. Many families soften the seven-day stretch with a midweek dinner or a regular call with the other home.

For the little one. A week is a long time at any age. Agree a relaxed way to stay in touch with the other home, then let your child use it freely and without comment. Reaching for the other parent is healthy, not a verdict on the week.



Week on, week off: **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