

Communication Rules Checklist

Agreed norms for how we talk to each other – about our child

Our Communication Channel

Primary platform (text / email / app):	
We signed up on:	
We chose this platform because:	

Tone Guidelines

We keep every message child-focused – personal feelings stay out of it.	
We write as if a professional colleague might read our message.	
We avoid sarcasm, loaded language, and commentary on parenting choices.	
We do not use our child as a messenger for adult communication.	
We address only one topic per message to keep things clear.	
Before sending, we ask: 'Is this necessary? Is it child-focused? Is it respectful?'	

Response Times

Non-urgent messages (e.g. schedule info):	We respond within:
Time-sensitive requests (e.g. medical consent):	We respond within:
Urgent / emergency contact method:	Expected response:

Emergency Protocol

Describe the agreed steps for a genuine emergency (e.g. child injury, hospitalization):

After an emergency, we will notify each other within:

(hours)