

Transition Routine Template

A consistent handoff that helps our child feel safe moving between homes

Research shows that consistent, low-conflict transitions reduce child anxiety. Use this template to agree on what each handoff will look and feel like.

Our Handoff Script

Agree on what you will each say or do at the handoff moment – keep it brief, warm, and child-focused.

Greeting to child:	
Something positive about the visit:	
Handover phrase (what we say to signal the transition):	
Closing phrase (how the leaving parent says goodbye):	

What Goes With the Child

Check off items before every handoff. Add your own in the blank rows.

Backpack & schoolwork		Phone / device + charger	
Medication & health items		Weather-appropriate clothing	
Comfort object / toy		Upcoming schedule reminders	
Sports / activity gear		Special occasion items	
Homework due dates noted		Child's current emotional state noted	

Decompression Time

Children benefit from quiet settling time after transitions – before questions, activities, or homework. Agree on yours below.

Decompression duration:		(e.g., 20–30 minutes)
Agreed settling activity:		
We will not ask about the other household for:		after arrival

Reminder: children should not be asked to report on what happened at the other parent's home. Let them volunteer – or not.