

November Co-Parenting Checklist

Guiding your family through a smooth, child-focused month

1. Holiday Planning

2. 📅 Map out upcoming events: school, family, social activities.
3. 📝 Assign responsibilities: gifts, transport, meals.
4. Create a simple written plan: share with your co-parent and child (age-appropriate).

5. Emotional Check-Ins

6. 🗣️ Talk to your children: how do they feel about events or changes?
7. Observe signs of stress or anxiety: mood changes, sleep disruption, withdrawn behaviour.
8. 🕒 Schedule a weekly check-in: brief, calm, and without judgement.

9. Communication Strategies

10. 📱 Agree on method: text, email, app.
11. ⌚ Avoid last-minute changes unless unavoidable.
12. 🕒 Keep messages child-focused: avoid personal grievances.

13. Self-Care & Reflection

14. Note your emotional triggers: be aware of what could cause tension.
15. 🧘 Schedule moments to decompress: walk, journal, meditate.
16. 🕒 Celebrate small wins: recognise positive co-parenting interactions.



17. Contingency Planning

18. 🔍 Prepare for surprises: school closures, sickness, travel delays.
19. Clarify decision-making: who handles emergencies?
20. 📞 Update key contacts: school, extracurriculars, family.

21. Year-End Reflection (Optional)

22. 🧱 Identify what worked well and where improvements are needed.
23. 🕒 Adjust routines and boundaries for the coming year.
24. 🕒 Set intentions for co-parenting in the new year.

Child-Focused Reminders

-  Keep routines consistent.
- Model respect and co-operation.
-  Celebrate small successes and milestones.

Tip: Keep this checklist visible—on the fridge, in your planner, or digitally—so it can guide daily interactions and planning.

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