



HOW TO MAKE HOLIDAYS FEEL **LESS HEAVY**

FREE CO-PARENTING
HOLIDAY CHECKLIST

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HOW TO MAKE HOLIDAYS FEEL LESS HEAVY

- **Start With the Parenting Plan**

Review your holiday schedule early.

Stick to what's written, it prevents arguments and keeps expectations clear



- **Communicate Early (and Kindly)**

Discuss travel, gift-giving, school events, and pick-up times well before the holiday rush.

Short messages. Clear details.

No emotion-heavy texts.

HOW TO MAKE HOLIDAYS FEEL LESS HEAVY

- **Share the Magic, Not the Competition**

Avoid comparing gifts or trying to “outdo” each other. Your child cares more about feeling loved than the number of presents under the tree.



- **Keep Routines When You Can**

Kids crave predictability.

Holiday meals, bedtime, and morning routines help them feel grounded, even across two homes.

HOW TO MAKE HOLIDAYS FEEL LESS HEAVY

- **Prioritize Your Child's Experience**

Ask: "Will this add peace to my child's holiday or stress?" **Let that guide your decisions.**



- **Prepare for In-Laws & Extended Family**

Excited grandparents can unintentionally add pressure. Set gentle boundaries:

"We'd love for you to visit, but please help us keep the schedule the kids are used to."

YOUR STRESS-FREE CO-PARENTING

HOLIDAY CHECKLIST

(Perfect for printing or saving on your phone.)

Planning & Logistics

- ☐ Review the parenting plan holiday schedule
- ☐ Confirm pick-up and drop-off times
- ☐ Share travel details (if any)
- ☐ Agree on who attends school events
- ☐ Swap emergency contact info for travel days

Gifts & Traditions

- ☐ Discuss gift budgets
- ☐ Avoid duplicate gifts
- ☐ Decide which traditions happen at each home
- ☐ Share Santa stories consistently
- ☐ Agree on screen time, bedtime, and meal expectations



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Communication

- ☐ Use a parenting app or text for clear communication
- ☐ Keep all messages short, respectful, and focused on the child
- ☐ Avoid emotional conversations during holiday events
- ☐ Share necessary updates (illness, schedule changes, weather delays)

Extended Family (In-laws, grandparents...)

- ☐ Inform them of the holiday schedule
- ☐ Set boundaries around drop-ins and surprises
- ☐ Remind them not to undermine parenting rules
- ☐ Share expectations for gift-giving



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Your Child's Emotional Needs

- ☐ Check in with them gently
- ☐ Allow them to enjoy both homes without guilt
- ☐ Keep transitions calm
- ☐ Create moments of connection, not pressure
- ☐ Acknowledge that big feelings during holidays are normal



Let's make this holiday season a little easier for you and your child.



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