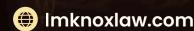
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FREE CO-PARENTING **HOLIDAY CHECKLIST**

By Lisa M. Knox, Esq.







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.)

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	Review the parenting plan holiday schedule
	Confirm pick-up and drop-off times
	Share travel details (if any)
0	Agree on who attends school events
	Swap emergency contact info for travel days
∋ift	s & Traditions
0	Discuss gift budgets
0	Avoid duplicate gifts
	Decide which traditions happen at each home
	Share Santa stories consistently
	Agree on screen time, bedtime, and meal expectations



YOUR STRESS-FREE CO-PARENTING

HOLIDAY CHECKLIST

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Communication

	Use a parenting app or text for clear communication
0	Keep all messages short, respectful, and focused on the child
	Avoid emotional conversations during holiday events
\bigcap	Share necessary updates (illness, schedule changes, weather delays)
O	changes, weather delays)
	ended Family (In-laws, grandparents)
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Share expectations for gift-giving

YOUR STRESS-FREE CO-PARENTING

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Your Child's Emotional Needs

U	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.



