



Holiday Co-Parenting Checklist for Clients

Pre-Holiday Planning

- ☐ 1. **Initiate Early Communication:** Reach out to your co-parent well in advance to discuss holiday plans.
- ☐ 2. **Share Calendars:** Update a shared calendar with your individual plans and commitments.
- ☐ 3. **Budget Discussion:** Agree on a budget for holiday expenses, including gifts and activities.
- ☐ 4. **Tradition Talks:** Discuss how to incorporate or alternate family traditions, or introduce new ones.

Scheduling & Arrangements

- ☐ 5. **Holiday Schedule:** Finalize and agree on the holiday schedule, including pickups and drop-offs.
- ☐ 6. **Travel Plans:** Notify each other of any travel plans that involve the children.
- ☐ 7. **Event Coordination:** Agree on which events (school plays, family gatherings) each parent will attend.
- ☐ 8. **Emergency Contact:** Ensure both parents have all necessary contact information if travel is involved.

Child-Centered Focus

- ☐ 9. **Children’s Input:** Have a discussion with your children about their holiday wishes and preferences.
- ☐ 10. **Unified Parenting:** Present a united front in terms of parenting decisions and holiday plans.
- ☐ 11. **Gift Coordination:** Coordinate on gift-giving to avoid duplication and adhere to agreed budgets.

Personal Preparation

- ☐ 12. **Self-Care Plan:** Schedule personal time for relaxation and self-care.
- ☐ 13. **Support System:** Identify friends, family, or a counselor to talk to if you feel overwhelmed.
- ☐ 14. **Plan for Alone Time:** If you’ll be spending part of the holidays without your children, plan activities or volunteer to keep yourself positively engaged.

Communication and Flexibility

- ☐ 15. **Open Lines of Communication:** Keep communication with your co-parent open and respectful throughout the season.
- ☐ 16. **Plan for Flexibility:** Be prepared to adjust plans if unexpected situations arise.
- ☐ 17. **Conflict Resolution:** Have a strategy for managing and resolving conflicts should they occur.

Post-Holiday Reflection

- ☐ 18. **Evaluate and Adjust:** After the holidays, take time to reflect on what worked and what could be improved for next time.
- ☐ 19. **Feedback from Children:** Ask your children how they felt about the holiday arrangements and take their feedback into consideration for future planning.

This checklist aims to provide a structured approach to co-parenting during the holiday season, ensuring that both the logistical and emotional aspects are addressed for a smoother, more enjoyable experience for everyone involved, especially the children.