

Co-parenting

Plan One Child Centered Caregiving Handoff

Parents and caregivers | 10 to 15 minutes

Choose a practical arrangement such as a pickup, school item, or health-related message. Focus on what the child needs and which adult is responsible. The child should not have to carry adult conflict or messages. Direct conversation is optional only when it is safe and appropriate.

Choose one handoff. Identify necessary information, adult responsibilities, and a communication route consistent with safety needs and applicable arrangements.

Keep the task specific

Name what needs to happen, when, and who will do it. Share only information relevant to the child's care through an appropriate route. Distinguish a missed logistical detail from an invitation to revisit every relationship dispute.

Build a practical backup

Decide how changes will be communicated and what backup support is available. Respect the child's voice without asking them to choose sides or manage adults. Where contact is unsafe or restricted, use qualified support and the established communication arrangement.

1. What caregiving task or handoff needs a clear plan?**2. What information is necessary, and which adult is responsible for each step?****3. What safe communication route and backup plan fit the situation?****4. How will we check the child's needs without making them manage adult conflict?****Clinical use and adaptation**

Privately assess coercive control, violence, and child safety. Do not recommend joint negotiation or direct contact when unsafe, prohibited, or unsuitable. Follow applicable orders and obtain qualified legal or safeguarding guidance where needed. Avoid forced reconciliation, equal-blame assumptions, or using the child as messenger.

Original educational resource. Adapt with a clinician; not a validated assessment or complete treatment protocol.

Conceptual references: S13, S11, S05. Full sources are in the online preview and collection appendix.

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