

Making Lemonade

The Single Parent Network · By Jodi Seidler · MakingLemonade.com

FREE PRINTABLE

The First Week Reset Checklist

A practical guide for the first days after separation, divorce, or a major life change. You don't have to do everything at once.

WHAT I NEED TO GET DONE NOW

- ☐ Tell the people who need to know
- ☐ Secure your home (locks, access)
- ☐ Confirm where you and children are sleeping
- ☐ Identify your immediate support person

- ☐ Passport / ID located
- ☐ Children's birth certificates
- ☐ Social Security cards
- ☐ Insurance documents
- ☐ Legal documents secured
- ☐ Attorney contacted if needed

CHILDREN

- ☐ School notified if needed
- ☐ Childcare arrangements confirmed
- ☐ Children's schedule maintained
- ☐ Pediatrician / counselor contacted
- ☐ Children's essentials packed / accessible

- ☐ Attorney / mediator
- ☐ Therapist / counselor
- ☐ Doctor (you)
- ☐ Children's appointments confirmed

HOME

PEOPLE TO CONTACT

- ☐ Utilities in your name (or confirmed)
- ☐ Rent / mortgage payment confirmed
- ☐ Mail forwarding set up if needed
- ☐ Food and household basics stocked

- ☐ Family members
- ☐ Close friends
- ☐ Employer (if needed)
- ☐ Children's school / teachers

MONEY AND BILLS

SUPPORT

- ☐ Personal bank account opened / confirmed
- ☐ Direct deposit updated
- ☐ Immediate bills identified
- ☐ Credit cards reviewed
- ☐ Budget sketch started

- ☐ One person I can call anytime
- ☐ One person who can help with children
- ☐ Online community / support group
- ☐ MakingLemonade.com resources bookmarked

WHAT CAN WAIT

- ☐ Telling extended family / acquaintances
- ☐ Social media updates
- ☐ Long-term financial planning
- ☐ Major decisions about housing, school, work
- ☐ Anything that doesn't need to happen this week

One thing I can do for myself today:
