

FREE PRINTABLE

The Two-Home Transition Checklist

A calm, practical checklist for custody transitions. Smooth handoffs help children feel secure.

SCHOOL ITEMS

- | | |
|--|---|
| ☐ Backpack | ☐ Sports gear / uniform |
| ☐ Homework / assignments | ☐ Instrument / music materials |
| ☐ School notices / permission slips | ☐ Activity schedule shared with both parents |
| ☐ Library books | ☐ Permission slips signed |
| ☐ Lunch box / water bottle | |

ELECTRONICS AND CHARGERS

CLOTHING

- | | |
|---|--|
| ☐ Enough clothes for the stay | ☐ Phone / tablet |
| ☐ Weather-appropriate layers | ☐ Chargers |
| ☐ Pajamas | ☐ Headphones |
| ☐ Shoes (including sports / dress) | ☐ Laptop if needed for school |
| ☐ Uniforms if needed | |

IMPORTANT SCHEDULES

COMFORT ITEMS

- | | |
|--|---|
| ☐ Stuffed animal / comfort object | ☐ School calendar shared |
| ☐ Favorite blanket | ☐ Medical appointments noted |
| ☐ Books they're currently reading | ☐ Upcoming events communicated |
| | ☐ Holiday schedule confirmed |

TRANSITION-DAY ROUTINE

HOMEWORK

- | | |
|---|---|
| ☐ Assignments written down or photographed | ☐ Keep tone calm and positive |
| ☐ Books / materials needed | ☐ Avoid last-minute rushing |
| ☐ Project supplies | ☐ Brief, warm goodbye |
| ☐ Login info for school platforms | ☐ No adult conflict at handoff |

THINGS CHILDREN SHOULD NOT HAVE TO CARRY EMOTIONALLY

- ☐ Messages between parents
- ☐ Adult financial concerns
- ☐ Loyalty conflicts
- ☐ Information about legal proceedings
- ☐ One parent's feelings about the other

What Can Stay at Both Homes? (write in)
