TWO FRONT DOORS · FREE PRINTABLE

Co-parenting boundaries we've agreed

Fill this in together when things are calm. Write each boundary in your own words, as something you'll both do. Keep a copy each and pick a date to look at it again. This is a record of what you've agreed between you, and it has no legal force.

Parent A	Parent B	Children

1 How we contact each other, and how fast

For example: one WhatsApp chat; ring if it's about today; reply by the end of the next day.

Where messages about the children go

For anything urgent, we

We reply to everything else within

We keep the children out of messages by

2 Decisions we make together

Tick the ones that apply, and add your own.

- ☐ School and education
- ☐ Phones and consoles
- ☐ Religion or faith
- ☐ Health and care
- ☐ Presents over £ _____
- ☐ Moving home or school

Anything else we decide together

3 What each home decides

Each home decides for itself

For example: bedtimes, screen time, food, house rules.

Rules we try to keep the same in both homes

4 Changes and swaps

We ask for a change by

We give at least this much notice

No swap is final until the other parent says yes. Until then, it's still a question.

5 New partners and family

Who else can collect the children

We tell each other before

What partners and family help with, and what stays with us

6 Trips and holidays

Before a trip abroad, we share

- [ ] Dates and flights
- [ ] Contact numbers
- [ ] Address we're staying at
- [ ] Written consent if needed

Before a UK break, we share

Trips abroad: in England and Wales, GOV.UK says you must get the permission of everyone with parental responsibility for the child, or a court's permission, before taking them abroad. See gov.uk/permission-take-child-abroad.

7 Money, if it helps to agree it

How we share costs outside the normal week

For example: school trips, uniform, big buys. Agree it before anyone pays.

8 How we review it

We'll look at this again on

Or sooner, if

If we can't agree, we will

For example: take a week to think, then talk again, or try a family mediator.

9 Signed by both of us

Parent A signature

Parent B signature

Date

Date