

Two-Home Routine Packet

A calm printable packet for routines, transitions, backpack checks, bedtime, and child predictability across homes. It does not ask children to solve adult problems.

Use this first

Best for caregivers, helpers, and school staff who want simple routine supports without private family details.

Safety and privacy boundary

Public education only. Not legal advice, therapy, diagnosis, or emergency service. Use 911 for immediate danger and 988 for crisis support. Do not send FOCaF child names, private allegations, medical records, sealed records, or confidential family materials. These sheets are for your own private records.

Support-first order: safety, child stability, counseling/support, school/provider coordination, calm communication, own-records organization, and official/legal doors only when needed.

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Backpack checklist

Use generic labels. Do not write full child names on public or shared copies.

School basics

- Folder or homework
- Book or library item
- Lunch or lunch card
- Water bottle
- Weather item: sweater, coat, hat

Comfort and adult-handled items

- Comfort item if allowed
- Glasses or case
- Charger if age-appropriate
- Medication reminder for adult only
- Note to check with caregiver, not child

Private label or initials

Bedtime routine

Predictable sleep routines help children feel safer. Keep this simple and shame-free.

- Bathroom and teeth
- Pajamas
- Backpack or clothes ready for morning
- Story, quiet music, or calm activity
- Lights low
- Rest - no adult problem-solving at bedtime

Bedtime words that help

What to avoid at bedtime

School-night routine

A school-night routine protects the next day, especially after hard transitions.

- Homework or reading checked by adult
- Transportation plan for morning
- Lunch/food plan
- Weather check
- Calm screen cutoff or quiet transition
- Questions for teacher/provider saved by adult

Tomorrow morning plan

One thing to make morning easier

Transition comfort card

This page can be kept private or used as a generic prompt. It is not for collecting allegations or asking a child to report on adults.

Child-friendly note

You do not have to solve grown-up problems. Your job is to be a kid, go to school, rest, play, learn, and ask safe grown-ups for help when you need it.

Before transition

- Snack or water
- Bathroom break
- Backpack check
- Calm goodbye
- No interrogation

After transition

- Quiet few minutes
- Food or water
- Unpack essentials
- Normal routine
- Ask for help if upset

Caregiver scripts

Use scripts that protect the child from blame and adult conflict.

Instead of: "Tell me what happened over there."

Try: "I am glad you are here. Let's get settled."

Instead of: "Your other parent forgot again."

Try: "We will handle the grown-up parts. Let's check your backpack."

Instead of: "You need to choose."

Try: "You do not have to choose sides. Adults are responsible for adult problems."

My calm transition phrase

Grown-ups handle grown-up problems

This printable is a reminder for adults, not a task list for children.

- Do not ask the child to carry messages between adults.
- Do not ask the child to collect proof.
- Do not make the child explain adult conflict.
- Do not turn routine mistakes into a loyalty test.
- Do repair quickly: calm words, predictable schedule, and a safe adult support path.

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