

Custody calendar worksheet

Four blank months to plan a rotation by hand, with the common patterns on the back. Build the same calendar online at peaceparent.com/tools/custody-schedule-generator.

Parent A (pink): _____

Parent B (blue): _____

Rotation starts: _____

Changeover time: _____

September 2026

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2026

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2026

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2026

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



THE COMMON PATTERNS

Each row is one week, Monday to Sunday, from Parent A's point of view. Pick the one that matches the children's ages and the parents' working weeks, then colour the months on the front.

2-2-3

50 / 50



Two nights with one parent, two with the other, then a three-night weekend. Swaps each week so weekends alternate.

Alternating weeks

50 / 50



One full week with each parent. Fewest handovers; longer gaps between visits.

2-2-5-5

50 / 50



Fixed weekdays with each parent (Mon–Tue and Wed–Thu), then alternating long weekends of five nights.

Weekends

≈ 30 / 70



Weekdays with one parent, every weekend with the other. Choose whether the weekend starts Friday or Saturday.

HOLIDAY EXCEPTIONS

Holiday	From	To	With

Agree the exceptions first

Christmas, New Year and the summer split cause more disputes than the weekly pattern. Write them here before colouring the months. Holidays override the rotation for those dates; the pattern resumes afterwards.



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