

Keeping your agreement working between sessions

A short handout for parents in mediation: how to keep the schedule, communicate without reopening the conflict, and keep a record neither of you has to argue about.

WHAT TENDS TO GO WRONG AFTER A SESSION

Both parents leave with the same agreement and, within a fortnight, two different memories of it. A swap agreed by text is added to one calendar and forgotten on the other. One heated thread costs a month of progress. None of this is a character flaw. It is what happens when an agreement lives in two heads instead of one place.

1. PUT THE SCHEDULE WHERE YOU CAN BOTH SEE IT

Write down the rotation, the changeover time and the holiday exceptions, and keep one copy that both of you use. A shared calendar on both phones is best. Build one for free at peaceparent.com/tools/custody-schedule-generator and send the link to the other parent.

2. TREAT CHANGES AS REQUESTS

A swap is a request with dates and a reply-by date, not a conversation. The other parent says yes or no. If yes, the calendar changes for both of you. If no, the schedule stands and nobody has lost anything.

3. KEEP MESSAGES SHORT AND FACTUAL

- One topic per message.
- Dates and times, not "next weekend" or "after work".
- A question the other parent can answer with yes, no or a date.
- Nothing about the other parent's home, partner or the past.



4. WAIT BEFORE YOU SEND

Draft it, leave it an hour, reread it. Or paste it into the free checker at peaceparent.com/tools/tone-checker, which highlights anything likely to get a defensive reply and offers a calmer version that keeps every practical point.

5. DO NOT ANSWER WHAT IS NOT ABOUT THE CHILDREN

Accusations and remarks about your life need no reply. Answer the practical part, if there is one, and stop. This is not rudeness; it is how the temperature comes down.

6. LET THE RECORD KEEP ITSELF

Use one written channel for everything about the children. Timestamped messages that both of you can see mean nobody has to remember, and nobody is keeping a file on anybody. If a pattern needs raising in mediation, it is there to see.

BRING TO THE NEXT SESSION

- ☐ Anything that was agreed by message since last time.
- ☐ Any request that did not get an answer.
- ☐ Any date in the next three months that is not yet settled.

PeaceParent

The app does the structure for you: one calendar on both phones, change requests with approve or decline, Tone Guard on every message, and a shared record. Free to download. Scan the code below.

