

First 30 Days of Nesting

A step-by-step transition guide for parents and children.

The first month is the steady month. Routines beat speeches. Children watch what you do, not what you announce. Keep this guide on the fridge.

Week 1 — Set the ground (Days 1–7)

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| Day 1 | Sit the children down together as both parents. One shared sentence: 'You stay here. We will take turns living here. Nothing changes for you at school or with your friends.' |
| Day 2 | Pin the rota on the fridge in the children's handwriting if old enough. |
| Day 3 | Off-duty parent moves a single bag to the second base. House remains the children's. |
| Day 4 | First handover at the door. 90 seconds. No adult business. |
| Day 5 | School informed in writing — both parents on the contact list. Same emergency number on both phones. |
| Day 6 | First mediation or solicitor consult booked (see resources). |
| Day 7 | Quiet day at home with the on-duty parent. No big outings. Read together. |

Week 2 — Build the rhythm (Days 8–14)

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| Day 8–10 | Same wake-up, same breakfast, same bedtime. Routine is the headline. |
| Day 11 | Family meeting (15 minutes): one thing that's working, one thing to tweak. |
| Day 12 | Off-duty parent sends one short voice note before bed. Sound steadies. |
| Day 13 | Children pick a Friday treat from the on-duty parent — same one each fortnight. |
| Day 14 | First handover review. Adjust the rota if needed in writing — not in the doorway. |

Week 3 — Hold the line (Days 15–21)

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| Day 15 | If a new partner exists, talk between the two parents — never with the child first. |
| Day 16 | Update the school: any patterns? withdrawn? acting out? trust the teacher's eye. |
| Day 17 | Children's GP informed if either child shows anxiety, sleep loss or appetite change. |
| Day 18 | Faith practice continues exactly as before — no shortcuts in either shift. |
| Day 19 | Off-duty parent does NOT call during the on-duty parent's shift unless agreed. Boundaries protect children. |
| Day 20–21 | Weekend — quiet, predictable, no new people introduced. |

Week 4 — Review and decide (Days 22–30)

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| Day 22–25 | Each parent writes a one-page honest note: what is working, what is not, what feels unsafe. |
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Day 26	Mediator or trusted third party reads both notes.
Day 27	Joint conversation between the parents only — child is not in the room.
Day 28	Talk to each child separately, age-appropriately: 'How is your home feeling?' Listen more than you speak.
Day 29	Decide together: continue nesting, adjust the rota, or transition to another arrangement.
Day 30	Write the next 90-day plan. Share with school, GP, and any mediator.

Safety — when conflict rises

- If you feel unsafe at handover, do it on the doorstep with the door open or at a neutral spot (café, school gate).
- If shouting starts in the home, the off-duty parent leaves immediately — children should never witness it.
- Save these on both phones: 999 (emergency), 101 (Police Scotland non-emergency), 0800 027 1234 (Scotland Domestic Abuse Helpline, 24/7).
- If there is any history of abuse, do NOT nest. Speak to Grampian Women's Aid (01224 593 381) or Scottish Women's Rights Centre (08088 010 789).
- Tell one trusted person outside the family that nesting is in place — a friend, faith leader or auntie.

Communication — short, kind, written

- All non-urgent messages by email or co-parenting app — not by text or doorstep.
- 24-hour pause on any message that lands hot. Reply tomorrow.
- Children are never told to 'pass on a message'.
- Weekly 20-minute call between parents only — agenda: rota, school, money, children's mood.
- If the same disagreement keeps returning, it is a mediator's job — not the kitchen's.

School logistics

- Both parents on the school's emergency contact list and parent app (Seesaw, ClassDojo, Show My Homework, etc.).
- School informed in writing of the nesting arrangement and the rota pattern.
- Permission slips, school trips and parents' evenings — both parents copied in. The on-duty parent attends unless the other is invited.
- Uniform, PE kit, instruments, packed lunches — kept at the home, not shuttled.
- If the children show change in behaviour, the school tells BOTH parents at the same time.

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