

Nesting Rota — Weekly & Biweekly

Fillable rota for parents who alternate living in the children's home.

How to use: print this sheet for each fortnight. Write each parent's name in the legend, then mark **A** or **B** in every cell. Children stay in the home — only the parents move. Keep one copy in the kitchen and one in each parent's second base.

Parent A: _____ **Parent B:** _____ **Fortnight starting:** _____

Pattern 1 — 2-2-3 rotation (most popular for under-10s)

Two days with A, two days with B, three days with A. Next week flips. No parent is away from the children for more than three nights.

Week 1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
On duty	A	A	B	B	A	A	A
Week 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
On duty	B	B	A	A	B	B	B

Pattern 2 — Week on / week off (older children, distant work)

Week 1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
On duty	A	A	A	A	A	A	A
Week 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
On duty	B	B	B	B	B	B	B

Blank rota — write your own pattern

Week 1	Mon	Tue	Wed	Thu	Fri	Sat	Sun
On duty							
Week 2	Mon	Tue	Wed	Thu	Fri	Sat	Sun
On duty							

Child's steady week — what does NOT change

Time	Anchor (same in every parent's shift)
Morning	Wake-up / breakfast / school run
After school	Snack / homework slot
Evening	Dinner / bath / story or quiet time
Bedtime	Same time, same lights-out, same room
Weekend	Faith practice / club / family call

Special days written into the rota

Date	Event	Lead parent	Other parent's role

Tip: birthdays, faith festivals (Eid, Diwali, Christmas, Hanukkah, Vaisakhi), school plays and sports days are NEVER traded against rota days. Both parents attend if welcomed by the child.