

# Across Two Homes

## A Thought-Starter Checklist for Parents of Neurodivergent Children.

Not a parenting plan. Not legal advice. Just a calmer place to start around an important question:

> What does our child need to feel safe, supported and able to cope across two homes?

Every neurodivergent child is different. Use this simple checklist to start noticing what may help your child regulate, transition, learn and connect.

You don't need to have every answer. This is simply a useful place to begin, and something you can take into conversations with your co-parent, lawyer or your child's support team.



**Respect** Legal

# Our Child

- ☐ What helps our child feel safe and regulated?
- ☐ What are their early signs of overwhelm?
- ☐ Which routines matter most for sleep, school, food and emotional regulation?
- ☐ When do they need extra recovery or decompression time?
- ☐ How can they have a voice without feeling they must choose between parents?



**Respect** Legal

# Across Two Homes

- ☐ How many transitions can our child comfortably manage?
- ☐ Would school or childcare handovers feel easier than direct handovers?
- ☐ How will changes be explained or shown visually?
- ☐ What familiar belongings, comfort items or equipment need to move with them?
- ☐ Which routines and supports need to stay reasonably consistent in both homes?



# The Adult Plan

- ☐ Who will manage medication, appointments and communication with the school?
- ☐ How will important information and professional recommendations be shared?
- ☐ Which communication channel will the adults use?
- ☐ How will we make sure our child is never used as the messenger?
- ☐ When will we review the arrangement and check how our child is actually coping?



# Your Next Thoughts

The part of two-home life our child may find hardest is:

---

---

One thing we could make more predictable is:

---

---

One professional conversation that may help us is:

---

---



**Respect** Legal

# Gentle Next Steps...

An arrangement can look perfectly equal to adults and still feel overwhelming to a child. Child-first does not always mean 50/50. It means designing the arrangement around the child in front of you.

Need help turning these thoughts into a practical parenting arrangement?

The Respect Legal team truly understand that neurodivergent children may need more than a standard parenting template.

Start with a free, confidential 15-minute phone chat to understand your options and decide what comes next: Book online at [respectlegal.com.au](https://respectlegal.com.au) or call: 1300 697 377.

\*This resource provides general information and thought starters only. It is not legal, medical or psychological advice. Every family and every child is different. Please obtain advice for your specific circumstances.



**Respect** Legal