**Transition worksheet**

1. After coming back from your Ex’s place- How long does it take for your child to adjust to your home and/or stop having explosions?
2. What helps your child calm down?
3. What makes your child more upset?

**The Good Goodbye**

When sending your child to your Ex’s house. Develop a ritual of saying goodbye for now or I’ll see you soon.

1. What will you do to verbally communicate you love your child, and you’re looking forward to seeing them when they get back.
2. Ask them if there is anything they need or want to do before they leave.
3. Do they have everything they need?
4. Brainstorm what they would like the goodbye to look like with your child. Maybe it involves naps, going for a walk, going out for dinner, or going though life normally and nothing special needed.

**Warm Welcome Home**

Develop a Welcome Home ritual that will aid in the transition from your Ex’s house to yours.

1. Expect a length of 1-3 days. Define what it looks like for your child.
   1. Communicate this to your child. “it normally takes bout X days for us to get back in the swing of things. It’s going to be hard and that’s okay. We will talk about it if you want and have a plan/will come up with one together.”
2. Welcome them back: when you see them communicate: I love you, it’s good to see you, is there anything you need? (Food, rest, talking, exercise, fun, time alone, time with you)
   1. Keep expectations low and focus on emotional regulation
   2. There needs may fluctuate until they reach homeostasis
3. When you start talking with them about rules and expectations in your home.
   1. Remind them you love them and this is what it means to be a family in this home.
      1. I know the transition is hard, how can I help you follow these rules?
   2. Use the emotional calming things that work discussed above. “Hey, I can see your struggling with the rules in our home. Maybe its time we take a break and (calming activity) for a little while.
      1. Always come back to the rule, when they are calm, and talk about what needs to happen in your home.
      2. Ask them if they are ready to talk, or do they need more time with the break activity.