

First 30 Days With Kids Checklist

The Suddenly Single Parent's Survival Guide

A practical checklist for protecting safety, routine, school communication, and emotional stability.

Use this as a practical planning tool, not legal, medical, financial, home-repair, or mental-health advice. For urgent danger or crisis, contact emergency services or a qualified professional.

Week 1 Practical List

- Notify your child's school or daycare in writing.
- Update emergency contacts everywhere: school, doctor, dentist, childcare, and activities.
- Write down a simple daily routine and post it where the kids can see it.
- Tell one trusted adult your full situation.
- Say the five reassurance sentences daily: I love you, this is not your fault, you are safe, your feelings make sense, and you can always talk to me.

Routine Anchors

Wake time	
School / childcare plan	
Homework time	
Dinner plan	
Bedtime routine	
Backup helper	