THE CALM CO-PARENT KIT

100 Calm Replies

Ready-to-send, child-focused messages for the texts that keep turning into fights.

Each reply has a **short** version to send right now and a **full** version when you want the context on record. Fill in the [brackets] and send.

This is an organizational tool, not legal advice. Talk to your attorney about your case.

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Three rules that keep threads short

1. Facts and times, not feelings about the other person.
2. One question per message, at most.
3. If it changes your agreement, put it in writing with your attorneys.

Late or missed exchanges

1. You're running late

SHORT Running about [15] minutes late for the [6:00] exchange. I'll text when I'm 5 minutes out.

FULL Hi, I'm running about [15] minutes late for today's [6:00 PM] exchange at [location] because of [traffic]. I'll text you when I'm 5 minutes away. Sorry for the change.

2. They're running late (first text)

SHORT I'm at [location] for the [6:00] exchange. Are you still on your way?

FULL Hi, I'm at [location] for the [6:00 PM] exchange. It's [6:10] now. Are you still on your way? Just want to let [child] know what to expect.

3. Still waiting

SHORT It's [6:30]. Still here at [location] with [child]. Please let me know your ETA.

FULL It's [6:30 PM] and I'm still at [location] with [child] for the [6:00 PM] exchange. Please let me know your ETA so I can plan the rest of [his/her] evening.

4. Leaving after waiting

SHORT I waited until [6:45]. Heading home with [child]. Let me know when you'd like to pick [him/her] up.

FULL I waited at [location] from [6:00] until [6:45 PM] and haven't heard back, so I'm heading home with [child]. [He/She] is fine. Let me know if you'd like to pick [him/her] up at my place tonight, or we'll keep the regular schedule.

5. Missed exchange, next morning

SHORT Checking in about last night's missed exchange. Is everything okay?

FULL Hi, checking in about yesterday's [6:00 PM] exchange that didn't happen. I hope everything is okay. [Child] was asking about you. Can you confirm you'll be there for the next one on [date] at [time]?

6. Last-minute cancellation from them

SHORT Got it, thanks for letting me know. I'll tell [child] you'll see [him/her] on [date].

FULL Thanks for letting me know you can't make today's exchange. I'll let [child] know. Your next scheduled time is [date] at [time]. Please confirm that one works.

7. You need to cancel

SHORT I can't make the [Friday] exchange because of [reason]. Can we do [Saturday 10 AM] instead?

FULL I'm sorry, I can't make Friday's [6:00 PM] exchange because of [reason]. Would [Saturday at 10:00 AM] at the usual place work instead? If this changes our agreement, let's put it in writing with our attorneys.