Parenting After Separation

Holiday & School Holiday Planner

Plan school holidays, Christmas and Easter with less conflict and more clarity

Inside you'll find:

- Annual holiday planning calendar
- School term break planner
- Christmas & Easter split templates
- Conflict-prevention conversation starters

By Jasmin Newman — Accredited FDR Practitioner, Certified Co-parenting Coach

Why Holiday Planning Matters

School holidays and significant celebrations are the moments children remember most and the moments most likely to become flashpoints between separated parents. Planning ahead, ideally months in advance, removes the emotion from the negotiation and puts the focus back on the children.

From the hundreds of parents I work with each year

> *Holiday conflict is almost always about unmet expectations, not logistics. When parents agree on the framework in advance, the logistics take care of themselves. This planner gives you that framework.*

Annual Holiday Overview

Year: _____

Holiday period	Dates (this year)	Children with	Travel plans / notes	Agreed?
Term 1 school holidays				☐
Easter				☐
Term 2 school holidays				☐
Mid-year school holidays				☐
Term 3 school holidays				☐
Father's Day				☐
Mother's Day				☐
Term 4 school holidays				☐
Christmas Eve				☐
Christmas Day				☐
Boxing Day				☐
New Year's Eve				☐
New Year's Day				☐

Children's birthdays				☐
Parent 1's birthday				☐
Parent 2's birthday				☐
Other significant dates				☐

Christmas Planning Template

Christmas is the most common flashpoint. Use this template to agree arrangements well in advance, ideally by October each year.

Option A - Alternating years

Children spend the entire Christmas period (24–26 Dec) with one parent in odd years, the other in even years. Simple, predictable, and reduces negotiation.

Option B - Split the days

Christmas Eve with one parent, Christmas Day with the other. Rotate each year. Works best when parents live close to each other.

Option C - Christmas morning together

Both parents attend a shared Christmas morning (e.g. gift opening) then children go to one household. Only suitable for low-conflict situations.

Our Christmas arrangement this year:

Our Christmas arrangement next year:

School Holiday Planner - Term by Term

Term 1 Holidays

Dates: _____ to _____

Days	Children with	Activities planned	Travel / logistics
Week 1			
Week 2			

Term 2 Holidays

Dates: _____ to _____

Days	Children with	Activities planned	Travel / logistics
Week 1			
Week 2			

Term 3 Holidays

Dates: _____ to _____

Days	Children with	Activities planned	Travel / logistics
Week 1			
Week 2			

Term 4 Holidays

Dates: _____ to _____

Days	Children with	Activities planned	Travel / logistics
Week 1			
Week 2			

Conversation Starters That Help

Use these when you need to open a discussion about holiday arrangements. The goal is to lead with the children, not with your position.

> *"I'd like to plan the school holidays in advance so we're both prepared. Can we talk about it this week?"*

> *"What's most important to you for Christmas this year? I'll share what's most important to me too."*

> *"The kids have mentioned they'd really like to [activity] these holidays. Is that something we can work into the plan?"*

> *"I want to make sure the holidays feel special for them in both homes. Can we agree on the dates early?"*

> *"I know we don't always agree, but I'd really like to get the holidays sorted for the kids' sake. Can we commit to a plan by [date]?"*

Need help negotiating holiday arrangements? Jasmin Newman's courses and coaching support are available at parentingafterseparation.com.au