

# The Safety & Sanity Starter Kit

## The Steady Ground Guide: Managing Change and Finding Peace in Two Homes

Scenario: Separated but sharing care for children.

*"You are managing a complex bridge between a past you have left and a future you are building for your children. This guide is here to help you maintain the integrity of that bridge without letting the old storms cross over into your new sanctuary. We understand the unique weight of 'sharing care' while keeping your own peace intact. These pages offer a structured way to set firm boundaries and protect your children's transition, ensuring that even when you must connect, you remain grounded, safe, and entirely yourself."*



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## The SAFE Framework (My Environment)

Navigating "Middle-Man" pressure and establishing the structure, neutral boundaries, and emergency signals needed for a safe transition.

### **S – Sanctuary: Focus on Neutral Handovers**

- Public Locations: Conduct all handovers in busy, neutral spots like a police station foyer, a library, or a 24-hour petrol station.
- The "No-Entry" Rule: Ensure the other parent does not have a key or a reason to enter your home sanctuary.
- Transition Scent: Use a specific room spray or candle after the kids leave or return to "reset" the energy of your home.

### **A – Agency: Focus on Structured Communication**

- The "Admin Only" Rule: Use a dedicated app or a single email thread solely for child-related logistics; ignore all personal comments.
- The 2-Hour Rule: If an email is triggering, wait 2 hours to reply. This ensures you respond with "Agency" rather than "Reaction."



- Handover Windows: Set strict start and end times for handovers to minimize contact and maintain the predictability of your schedule.

## **F – Foundations: Professional Walls of Protection**

- Documentation Trail: Keep a simple log of all handover issues or late arrivals; this provides a "Foundation" of evidence if needed.
- School/Daycare Alert: Ensure all educators have copies of Parenting Orders and know the exact handover schedule to prevent "surprise" visits.
- Third-Party Support: If handovers are too high-risk, use a professional supervised handover service or a neutral third-party person.

## **E – Ease: Respect the Transition Ebb**

- The "Post-Handover" Reset: Plan a low-stimulation activity (like a movie or bath) for the first hour the kids are back to help everyone decompress.
- Self-Nurture Ritual: Once the kids are settled after a handover, do one thing that is 100% for you to "wash off" the interaction.
- Emotional Buffer: Accept that handover days will be high - stress; schedule your most difficult tasks for other days of the week.



## The SANE Framework (My Inner Self)

Focus: Resilience and stability; managing the transition from handover anxiety to a peaceful re-entry into your home routine

### S – Signal Safety: Using sensory "triggers" to mark the end of contact

- The Cleanse: After a handover, wash your hands or change your shirt. This is a physical "reset" back to your sanctuary.
- Audio Anchor: Play a specific "Safe Playlist" in the car or home immediately after contact to shift the emotional frequency.
- Threshold Breath: Take one deep, intentional breath as you step back into your home to leave the "outside" stress at the door.

### A – Assert Boundaries: Keeping the "Admin" separate from the "Emotion"

- Business Mode: Treat communication like a professional transaction. If a message is triggering, wait 2 hours to respond.
- Mental Partition: Remind yourself: "I am only responsible for what happens in my home." Release the worry about the other environment.



- Communication Log: Write down the facts of the handover in a log immediately, then "close the book" on it mentally for the day.

## **N – Neutralize the Noise: Supporting the kids (and yourself) through the "re-entry"**

- Low-Stimulation Time: Expect the kids to be "extra" after a handover. Provide coloring or audiobooks to help everyone decompress.
- Self-Nurture: Plan a specific treat or 10 quiet minutes for yourself once the kids are settled to "wash off" the day's stress.
- The "Welcome Home" Meal: Have a familiar, easy comfort meal ready for return days to provide a sense of predictable safety.

## **E – Emotional Reset: Re-centering your home after the handover storm**

- The Transition Anchor: Find one task (like watering a plant) that signals: "The transition is over; we are back to our center."
- Balance Check: Remind yourself that the handover stress is temporary, but the sanctuary you've built is permanent.
- Physical Movement: Shake out your arms and legs or do a quick stretch to physically release the tension held during the contact.

