

I'm Wondering...



What is a Family Schedule?

You might be wondering... what is a Family schedule?

You might be wondering what a family schedule is and why adults talk about dates and times for family contact.

You might be wondering what a family Schedule is?

A family schedule is a plan that shows when and how you spend time with family.

It helps adults organise visits, phone calls, video calls, or other ways of staying connected.

It is about planning time — not measuring love.

Here's one way to think about it

A family schedule is like a calendar for connection.

It helps everyone know:

- when visits happen
- where they happen
- who will be there
- how long they will last

Adults use it to make sure time together is organised and safe.

If you want to...

- If you want you can ask when your next family visit is.
- If changes feel hard, you can talk about that.
- If you wish visits were more or less often, you can say that too.
- If you don't want to talk right now, that's okay.
- You don't have to pretend family time feels one way.

One thing to remember

A family schedule is about organising time, not deciding who matters to you.

You are not in trouble for wondering about how it works.

How a family Schedule might feel:

- Comforting
- Frustrating
- Exciting
- Disappointing
- Confusing
- Different at different times

All of these feelings are allowed

Some things a Family Schedule might include:

Family schedules might include:

- Regular visit days
- Supervised or supported contact
- Phone or video calls
- Special occasions or holidays
- Changes when plans need adjusting

Different children have different schedules.

For adults supporting this child

- Explain changes as early as possible.
- Avoid blaming other adults in front of the child.
- Separate logistical decisions from emotional meaning.

This is about predictability and emotional safety, not control.