

A small caregiver agreement

Use for one recurring rule, with the adults who share care. Make room for each caregiver's capacity. Your child does not carry messages or keep rule changes secret.

One situation we need to clarify

For example: when a device goes away on school nights.

Fixed: the smallest limit and its reason

State an action and time. Use existing professional instructions for health or safety needs.

Flexible: what the caregiver can decide

Name details that may differ, such as the order of dinner and a shower.

Our parts: what each adult can realistically do

Include supplies, transport, reminders, and any help the caregiver needs.

If we disagree or the plan cannot happen

Who contacts whom? What is the safe backup? Keep the child out of the middle.

Review: when we will check what needs changing

Choose a visit or date. Check the obstacle before adding a stricter consequence.

This is a practical handoff, not a legal agreement or a replacement for medical instructions. Unsafe care needs adult safety action, not a better worksheet.