

# Child Safety Zone Pledge –

*Children have no defense  
against their parents' anger.  
--Dr. Ross Campbell*

## *The Philosophy of a Child Safety Zone:*

There are about 10,000 minutes in a week, and on average most children of divorce see their parents together for about 4 of those minutes. This leaves the parents about 9,996 minutes when they can talk about any topic, no matter how difficult or emotional. Those four minutes a week, as well as every time our children hear us speaking to one another, should belong to our children.

***Because these times together are so brief, all parents can give their children the gift of peaceful interaction during these times.***

## *Our Pledge to Our Children:*

We now agree that all times when our children see us together or hear us speaking ***belong to our children***. They make up their ***Child Safety Zone*** and are entirely for meeting their needs, including especially their need to see us act as responsible adults in a partnership for them. They are not for conflict or dealing with any difficult issues.

***Other children receive this gift from their parents, and our children are no less deserving.***

From today forward, we each give our children the gift of this ***Child Safety Zone***. Regardless of what my co-parent does or how I think I've been treated, I will always speak and act as a courteous and responsible adult during:

- All pick-ups and drop-offs.
- All other times our children see us together.
- All telephone conversations when our children know we're speaking.

With this agreement each of us will have the benefit of knowing that our children will be safer and happier—and that we can approach all family encounters confident of a civil time.

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Signature and date

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***Note: For a personalized version, type the names of the children you have together in the text box at the top of the document.***



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