

# 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 daughter hears us speaking to one another, should belong to her.

***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 Daughter:*

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

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

From today forward, we each give her 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 daughter sees us together.
- All telephone conversations when she knows we're speaking.

With this agreement each of us will have the benefit of knowing that our daughter will be safer and happier—and also 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, just replace “our daughter” with the name of the daughter you have together.***

