

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 son hears us speaking to one another, should belong to him.

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 Son:

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

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

From today forward, we each give him 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 son sees us together.
- All telephone conversations when he knows we're speaking.

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

Signature and date

Signature and date

Note: For a personalized version, just replace “our son” with the name of the son you have together.



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