



How do I ask my partner for a break from the kids without a fight?

Cut out the card along the dashed line (6 by about 4 inches). Say one line, then stop and listen. Use your own words when they come.

Asking for a break from the kids

1. "Can you take the kids from 4 to 5 on Saturday? I'll be back to start dinner."
2. Name the time, who covers it and when you're back. Leave out why you've earned it.
3. Ask a day ahead over coffee, not at 5:45 p.m. through clenched teeth.
4. If you both need one, trade: "You take Saturday, I take Sunday. Which do you want?"
5. Leave the house, don't do chores, and come back on time.

More lines from the page

- Can you take the kids from 4 to 5 on Saturday? I'm going to walk to the lake by myself. I'll be back in time to start dinner.
- I've been on since six and I'm running on fumes. Can you take bath and bedtime tonight? I'm going to sit in the car with a podcast for half an hour, then I'll do the dishes.
- Can we make Tuesday evenings from 7 to 8 my hour, every week? And pick an hour that's yours. Then neither of us has to ask each time.
- I need fifteen minutes. I'm not mad at you, I'm just at the end. I'll be on the porch. Can you take him?
- You probably do. Let's trade: you take Saturday 4 to 5, I'll take Sunday 10 to 11. Which one do you want?
- I'm not leaving you, I'm asking you to parent for an hour while I'm out. You'll be fine. I'll have my phone on for anything urgent.
- I'll feed her at 3 and then I'm out until 4:30. If she's hungry early, there's a bottle in the fridge. Please don't call unless something's wrong.

If you are afraid of your partner, scripts are not the answer: call the National Domestic Violence Hotline at 1-800-799-7233 or text START to 88788. In danger, call 911.