
KIDS' RIGHTS!

Ricci, I (2007) . Mom's house/Dad's house for kids

1. I have the right to refuse to carry messages from one parent to the other.
 2. I have the right to leave the room when my parents argue. If that's not possible, I have the right to ask them to please not argue in front of me.
 3. I have the right to love both of my parents equally and not take sides.
 4. I have the right to not listen to anyone who says mean or disrespectful things about my parents.
 5. I have the right to refuse to spy on a parent or grandparent or other family member.
 6. I have the right to refuse to lie to a parent or family member.
 7. I have the right to not worry about family money problems.
 8. I have the right to love and honor (and spend time with) each of my parents and all of my relatives, even when they don't get along with each other.
 9. I have the right to not worry that my parents will take away their love from me or stop seeing me if I don't do everything they say.
 10. I have the right to be loved no matter what.
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RESOURCES:

<https://www.ourfamilywizard.com/> Our family wizard. This is an excellent site for families to document and track their activities with minimal conflict and fuss. A must-have for high conflict situations.

<https://www.uptoparents.org/> Up to parents is an excellent FREE resource for additional exercises that divorcing parents may find useful in learning to put their children's needs first.

<http://www.childreninthemiddle.com/> **Children in the Middle Online** is an effective, affordable, easy to use, interactive, self-guided program. Families across the nation have benefited from the simple lessons it contains. Divorce is by its very nature a traumatic time. Your children are at the center of these conflicts through no fault of their own. Much of what will happen during a divorce is beyond your control, but **you can control how you interact with your children**. Get the tools to ensure that you have done your very best for your kids.

<http://www.bonusfamilies.com/> **Bonus...It's a Step in the Right Direction!** Bonus Families® is the only international non-profit organization dedicated to promoting peaceful coexistence between divorced or separated parents and their combined families. Our goal? We're here to support YOU. Now, that's a real bonus...

<http://www.extension.umn.edu/ParentsForever/components/resources.html> These free online resources are designed to help families experiencing divorce, separation, or another change in parenting.

http://sydney.edu.au/stuserv/counselling/onsite_files/learntocommunicate.shtml Learn to communicate effectively handouts and ideas – free.



Grow A Strong Family, Inc.
supports you and strengthens your
skills!

www.GrowAStrongFamily.org .

Family Transitions Separation & Divorce





Successful Divorces CAN Occur When...

The primary focus of the parents is the children and their needs!

Children & Divorce



Children need the involvement of both parents in their lives.

Divorce affects children differently and according to their stage of development.

During divorce, children experience a series of stages of grief and loss.

To make a difference in the long-term outcomes for children, it helps to develop positive ways of communicating, solving problems and reducing the amount of conflict.

REMEMBER! Child support and visitation are two separate issues.

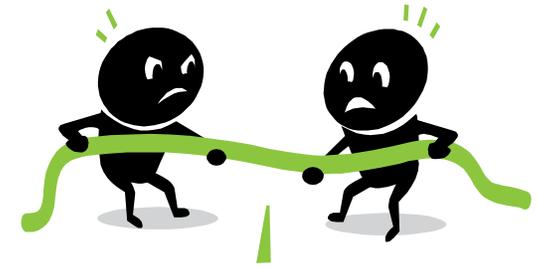
Ten Tips for Co-Parenting

Adapted from: Cauley, M. H., Davis, J. and Barnes, M. *From Parent Wars to Co-Parenting*. Arkansas Bar Association. Retrieved from the Internet at URL: http://www.arkbar.com/pdf/pw_pamphlet.pdf

1. Make your child's happiness and well-being your number one goal.
2. Treat the other parent in "a business-like manner."
3. Treat your child as a child.
4. Encourage your child's relationship with the other parent.
5. Communicate directly with the other parent.
6. Make visitation exchanges pleasant and happy.
7. Take a parenting class.
8. Pay your child support on time.
9. Be patient and flexible.
10. Get counseling if you need to.

Ten Tips for Successful Parallel Parenting (Carlson, 2010)

1. Maintain an attitude for non-interference with your child's other parent. Neither parent has influence or say over the actions of the other parent.
2. Carry on a business-like attitude; use common courtesy.
3. Do not plan activities for the children during the other parent's time. It may be better for a child to miss an event than to witness conflict.
4. Stay focused on the present.
5. Stay oriented to the task at hand.
6. Keep your children's best interests in mind.
7. Remember the goal is to keep conflict to a minimum.
8. Follow up in writing all agreements and discussions regarding the children, and do so succinctly!
9. When communication and/or negotiation is necessary, use a neutral third party to assist you.
10. Keep an open mind.



Avoid putting your child (ren) in the middle! This means: not asking questions about the goings on in the other parent's home; not interrogating the child (ren) about the other parent; not mentioning your ex with a disparaging tone of voice; sending messages back and forth; making any comments about the ex that are for adult ears only!

Have "duplicate" daily items at both places. This minimizes the "transfer and forgetting" that typically happens. Toothbrushes, underwear, pajamas, snow pants, play and dress clothes, etc. Make it as easy as possible for kids to go "away."

Changes in visitation, scheduling, needs of kids, parents, families occur over time. Be flexible! <https://www.ourfamilywizard.com/>

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