

10 Ways Kids Do Better When Both Parents Are Involved

Research shows children are more likely to succeed if both parents stay active in their lives.

- Show improved school performance and higher grades
- Have fewer behavioral problems in the classroom
- Have fewer emotional problems in adolescence and adulthood
- Are less likely to engage in criminal behaviors
- Possess higher self-esteem
- Have decreased odds of mental health issues, including depression
- Have improved friendships and romantic relationships
- Have decreased rates of teen pregnancy
- Demonstrate an improved sense of security
- Are more likely to maintain ties with extended family

Children's Bill of Rights

I have the right to:

- Express love for both of my parents.
- Remain connected to both parents' families.
- Remain involved in both parents' lives.
- Not be exposed to adult issues such as court proceedings, child support, finances or dating.
- Express my feelings.
- Not feel responsible for my parents' divorce or separation.
- Be in a stable, safe environment.
- Remain a child and not a parental confidant.
- Be told about family changes such as moving or changing schools.
- Be loved unconditionally by each parent.
- Have a relaxed, secure, loving relationship with both parents.
- Not to be placed in a position of being asked to carry messages or to spy.
- Not be interrogated after a visit with the other parent.
- Be a kid and to not be exposed to conflict and problems of parents.
- Honest answers to questions about changing family relationships.
- Not be told negative information about my other parent.

What is Mediation?

Mediation is a process designed to assist parents by helping them come to mutual agreement on issues regarding their children.

What Issues Can Be Mediated?

- Time sharing arrangements
- Visitation
- Holiday plans
- Medical benefits
- Health care
- Education concerns
- Extended family relationships
- Discipline issues
- Summer and sports programs
- Church attendance
- Plans to re-negotiate court motions

