

## *The Do's and Don'ts of Parenting*

### **Both Parents**

#### **DO:**

- Maintain healthy communication with your children.
- Make it a priority to communicate regularly with the other parent.
- Religiously follow the parenting plan to make the process routine, easy and positive for your children.
- Strive to keep your word to the children.
- Contact the other parent immediately if there is an emergency involving the children while they are with you.

#### **DON'T:**

- Be uncooperative. The children will suffer consequences if their parents do not cooperate.

### **Parent A**

**(The parent with whom the child has more time-sharing)**

#### **DO:**

- Share information about school, teachers, activities, friends and relatives with the other Parent.
- Be flexible and supportive of the children's relationship with the other Parent.
- Encourage excitement for the anticipated communication and/or travel with the other Parent.

#### **DON'T:**

- Edit, coach, monitor, or otherwise interfere with the children's communication with the other Parent.
- Take it personally if the children do not wish to call you regularly when they are with the other parent.

### **Parent B**

**(The parent with whom the child has less scheduled time-sharing)**

#### **DO:**

- Make an extra effort to initiate contact with the children and educate yourself of their daily activities.
- Provide an itinerary to the other parent to prepare the children for the trip and to advise the other parent of the activities you are planning.
- Strive to keep your word to the children.

#### **DON'T:**

- Take it personally if the children do not wish to stay on the phone too long or do not call right back.
- Don't unreasonably limit the children's contact with the local parent during their stay.