

Going Between My Homes

Suggestions from a child's point of view include:

- Have me ready to go at the time designated.
- If you are coming to get me, pick me up on time so I don't sit around waiting and worrying. If you are running late, let my other parent know in advance or as soon as you can.
- Set up a routine that usually occurs before I leave.
- Remind me at least twenty minutes before the exchange to pack items I may want to take.
- Don't make me carry a suitcase of things I couldn't care less about, such as toothpaste, toothbrushes, underwear, and so on. These things should already be in both of my homes for me.
- If I have difficulty with separation, consider having the parent whose time with me is ending deliver me to the other parent.
- If I am excited and run out the door to take off with my other parent, don't call me back to give you a hug or kiss.
- Don't tell me you will miss me; just tell me that you love me.
- Be polite during the exchange; do not argue or fight.
- Don't tell me to give something to my other parent or to deliver a message to my other parent.
- If it is safe, walk up to my door when you come to get me, don't just pull up and honk or call/text my other parent (or me).
- If I want to allow my other parent to see my room or something I am doing, allow me to let them in as long as it is safe.
- Do talk to my other parent about any homework I may have or medication I need. Do not leave this up to me, because I am a child and I have a hard time keeping up with these things... or I may not want to.
- Try not to exchange me at a fast food or gas station parking lot. Exchange me at my homes or when I get out of school or extracurricular activities.

