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Helping Children Prepare for a Visit

Parents are not the only ones who feel a variety of strong emotions during the Supervised Visitation process. Your children may be curious, excited, nervous or upset. Or a combination of these. Or none of these. Each child responds to situations differently. If you have more than one child, you may notice that each child responds differently. And that's okay.

As their Custodial Parent, you can help prepare them prepare for the visits by doing the following:

- Explain the visitation process at an age appropriate level. Trust your best judgement (and your attorney's advice) about what your child /ren need to know.
- Answer any questions they may have.
- Talk to them about the location of the visits.
- Talk to them about who will be watching the visit.
- Talk to your child about what he / she would like to bring to a visit (game, toy) and what he / she would like to say to the Visiting Parent.
- Ask your child/ren questions about what they think and feel about this process - and be willing to listen with compassion and support.
- If your child is afraid that the Visiting Parent may do something unpleasant, tell your child that the Provider (Monitor) will stop the visit if anything like that happens.
- Remain upbeat when discussing the visits.
- Get support for yourself through your favorite method of self-care. Children pick up on their parent's stress even when we try to hide it.
- Read the Visit reports and speak with your Provider about any concerns.