

Sharing Child Custody and Co-Parenting during COVID-19

Tips for parents

The COVID-19 pandemic may be challenging to parents who are not living together but are co-parenting their children. Below are some tips to help you work together during this stressful time.

Stick to the court-ordered parenting schedules as much as possible

- Regular parenting time and custody schedules should be kept, unless someone is self-isolating or under quarantine.
- If you think the other parent is not taking the necessary health precautions to prevent the spread of COVID-19, consider obtaining legal advice.
- Do not take advantage of this health crisis to prevent your child from having contact with the other parent.

Maintain structure and routines

- Stick to regular family schedules and routines – schedule time for exercise, school work, family time, chores and hobbies. Keep regular bedtimes and meal times.

Keep conflict away from children

- Stay child-focused and work together as a united team to help your child feel safe and reduce their stress and anxiety. Focus on what is best for your child.

Reduce the risk of spreading COVID-19

- To model good prevention behaviour, ensure that both homes are taking measures to [prevent the spread](#) of COVID-19 such as:
 - regular hand washing
 - cleaning and sanitizing frequently touched objects
 - staying home as much as possible
 - practising physical distancing
 - [wearing a face mask or covering](#) in indoor and outdoor public spaces
 - getting [vaccinated](#) as soon as you can
- Consider downloading the [COVID Alert app](#) so you can be notified directly if you have been in close contact with someone who was contagious with COVID-19.

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- When carrying out parenting exchanges, do it where you can keep a safe physical distancing of two metres (or six feet) from the other parent, and wash your child's toys, clothing and personal belongings each time they return from their other parent.
- Follow public health guidance if you or your child [has COVID-19 or have been exposed](#) to someone with COVID-19.
- Parenting exchanges should not take place when a parent or child is self-isolating, and should only resume once the isolation period is over, and the parent or child who was in self-isolation is feeling better, and no longer has a fever.
- If you are [caring for someone with COVID19](#) or are [pregnant](#) or [caring for a new baby](#) at home and have COVID-19, ensure that you are taking measures to prevent spreading the virus.

For more information about COVID-19

For more information, visit our website at www.toronto.ca/COVID19 or call us at 416-338-7600.

For more legal information or support

- [Legal Aid Ontario](#): 1-800-668-8258
- [Law Society of Ontario](#): 1-855-947-5255
- [Law Society Referral Service](#): 1-800-668-7380