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WAYS SEPARATED OR DIVORCED PARENTS CAN HELP THEIR CHILD

by: Lawrence R. Jones, Former Judge of the Superior Court



1. Acceptance

Absent exigent circumstances, children need, and have a right, to have both their parents involved in their life.



2. Respect

When you interact with the other parent, let your child see you acting in a mature and respectful manner.



3. No Negative Talk

Do not talk negatively to your child, or in front of the child, about the other parent.



4. No Lawyer Visits

Avoid bringing your child to your lawyer's office or involving the child unnecessarily in legal matters between the parents.



5. No Choosing

Do not make your child feel like they must "choose sides" between parents.



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6. No Interrogations

Do not interrogate your child about what the other parent is saying or doing.



7. No Public Displays

Do not embarrass your child by arguing with, or yelling at, the other parent in public.



8. No Legal Paperwork

Do not show court orders, affidavits, and other court papers to your child.



9. Not a Messenger

Do not use your child as a messenger between parents.



10. No Obstruction

Do not obstruct your child's opportunity to enjoy time and positive experiences with the other parent.