



VAN TASSEL LAW

Parenting Do's and Don'ts

- Do **not** talk negatively, or allow others to talk negatively, about the other parent in hearing range of the child.
- Do **not** question the children about the other parent or the activities of the other parent regarding their personal lives.
- Do **not** make arrival home from the other parent a time for an interrogation.
- Do **not** argue with your spouse/former spouse when the children are present.
- Do not make promises to the children or purchase items for the children to try and win them over.
- Do encourage love and acceptance of the other parent and the other parents extended family.
- Do communicate with the other parent and make similar rules with respect to discipline, daily routines, bedtime routines, sleeping arrangements, and schedules.
- **At all times** visitation arrangements will be made and confirmed beforehand between the parents without involving the children. It is unfair to put the children in the middle.
- Do notify each other in a timely manner of need to change from planned parenting time including canceling visits, rescheduling, and promptness.
- Do **not** schedule activities for the child during the other's parenting time.
- Do keep the other parent informed of any scholastic, medical, or extracurricular activities or appointments of the child.
- Do keep the other parent informed at all times of your address and telephone number. If you are out of town with the child, do provide the other parent the address and phone where the children may be reached in case of an emergency.
- Do refer to the other parent as the child's mother or father in conversation, rather than using the parent's first or last name or a derogatory name.
- Do **not** bring the child into adult issues and adult conversations about custody, the court, or about the other parent.
- Do **not** discuss money with the children nor should the children become delivery people for information between the parents.
- Do **not** ask the child where he or she wants to live. But do encourage the child to understand he or she has two homes.
- Do **not** attempt to alienate the other parent from the child's life.
- Do **not** allow stepparents or others to alter or modify your relationship with the other parent.
- Do **remember** the children know they are a part of you and if you speak negatively about the other parent the child feels you may be speaking negatively about them.