

SUGGESTED GUIDELINES FOR PARENTS

Parents can create a safer, more secure and harmonious environment for their children by following these guidelines:

1. Avoid saying anything of a derogatory nature about the other parent in the presence of the children.
2. Don't bring up or discuss past grievances regarding the other parent to the children.
3. Avoid discussing financial and legal issues with the children.
4. Refrain from saying anything which might discourage the children from spending time with the other parent, and avoid pressuring the children to take sides.
5. Spend as much time as possible with the children during the time you are responsible for them.
6. Avoid scheduling or arranging activities for the children which are likely to conflict with any time allocated to the other parent.
7. In the event that you are unable to keep the scheduled arrangements with the children on a given occasion, notify the other parent at the earliest possible opportunity.
8. Arrange ahead of time for both parents to be authorised in writing in the case of emergency to take any and all actions necessary to protect the health and welfare of the children.
9. Keep the other parent advised at all times of your current residence address, telephone numbers (home and work), your children's school or child care, and the location where your children will be spending any extended period of time (four days or more). This information is not to be used for the purpose of harassing or annoying each other in any way.
10. Since it is both frightening and damaging for children to be exposed to violence and parental conflict, avoid arguments, fights and threats in the presence of the children.
11. Since children need to be able to depend on and trust both parents, keep the agreements and promises you have made to the other parent and to your children. This means being reliable about keeping appointments and schedules, being prompt, and not making promises to children that you cannot keep, or that the other parent cannot be expected to keep.
12. Co-operate fully, not only in carrying out the written terms of any court order or agreement, but in living up to the underlying spirit of the order as well.
13. For your children's sake, make a special effort to set aside your personal feelings towards the other parent and maintain an attitude of tolerance, flexibility and good faith.