

EXCHANGES BETWEEN PARENTS

- Exchanges are often difficult for kids and some stress is expected
- There is both happiness and sadness for the children every time
- A child may resist leaving or resist returning to each parent
- Since children hate to end projects before completion, such as Lego building or video games, have the child involved in a quiet activity and make sure the activity is ended prior to pick up and the child is ready for the exchange early
- Consider exchanging your child at school, day care, or a public location.
- Don't cling to the child, make goodbyes brief
- Help your child transfer their belongings and then be welcomed by their other parent
- Remember the children will take their cues from you, so be encouraging and positive!





Things Parents Can Do to Help the Child Adjust to the Loss When Parents Separate:

- Working out a parenting plan quickly
- Staying involved in your child's life, at the same level as before the separation, when possible
- Keeping adult issues (money, court disputes, negative emotions, parental conflict, etc.) away from the children
- Having consistent routines at both homes as much as possible
 - Bedtime, Nutrition, Hygiene, Homework, TV & Computer time, Discipline, Behavioral Expectations, Chores, etc.
- Treating the other parent the way *you* want to be treated

