

7 THINGS TO AVOID DURING A CHILD CUSTODY EXCHANGE



Don't arrive late to pick up your children-what may seem like a few harmless minutes to you can really upset the other parent and in turn your children. Always leave extra time to ensure you will be on time.

Don't make last minute changes-while it may seem like a simple change to meet at the store rather than the library as regularly scheduled, such a change can disrupt the other parents plans and in turn cause stress for the children.

Don't bring other people to the exchanges-exchanges can be a stressful time and bringing another person along can distract you from focusing on your kid.

Don't go alone if Domestic Violence is involved-an exception to #3. If you and the other parent have a history of Domestic Violence, it may be wise to take a third party as a witness.

Don't be Stubborn-be flexible about rescheduling and always keep your child's needs in mind.

Don't be unprepared-be prepared and pack all items your children may need while spending time with the other parent.

Don't use the children to relay messages to the other parent-If you aren't speaking to the other parent, do not make your kid the intermediary.

