

RULES FOR COPARENTING

1. Do not talk negatively, or allow others to talk negatively, about the other parent in hearing range of the child/ren. This would include belittling remarks, ridicules, or bringing up allegations that are valid or invalid about adult issues.
2. Do not question or discuss with the children about the other parent or the activities of the other parent regarding their personal lives. In specific terms, do not use the child to spy on the other parent.
3. Do not argue or have heated conversations between the parents when the children are present or during exchanges.
4. Do not make promises to the children to try and "win them over" at the expense of the other parent.
5. Do communicate with the other parent and make similar rules in reference to discipline, bed time routines, sleeping arrangements, and schedules.
6. At all times, the decisions made by the parents will be for the child/ren's psychological, spiritual, and physical well being and safety. Appropriate discipline should be available and exercised by the appropriate parent.
7. Visitation arrangements will be made and confirmed beforehand between the parents without involving the minor children when possible, in order to avoid any false hopes and cause any disappointments or resentments toward the other parent.
8. The parents will notify each other in a timely manner of any alterations or changes of the order including canceling visits, rescheduling, and promptness.
9. If the child is scheduled for activities, the parent having the child in their care will be notified and consent sought before scheduling such activities.
10. Both parents will keep the other parent informed of any scholastic, medical, psychiatric, or extracurricular activities of the children.
11. Both parents will keep the other informed at all times as to their address and telephone number and of the address and phone where the children may be reached in the event they may be out of the city of residence for any extended period of time.
12. Both parents will refer to the other parent as the child's Mother or Father in conversation, rather than using the parents first or last name.
13. Do not bring the child into adult issues and adult conversations about custody, the court, or about the other party.
14. Do not ask the child where he or she wants to live.
15. Do not attempt to alienate the other parent from the child's life.
16. Do not allow stepparents or others to alter or modify your relationship with the other parent.
17. Do not use phrases that draw the children into your issues or make the children feel guilty about the time spent with the other parent. For example, rather than saying "I miss you!", say "I am thinking a lot about you today."