

# 15 Tips for Successful Visitation



Visitation may be the best part of your child's day or week. Or it can be a time of anxiety and confusion.

Children with divorced parents can experience a variety of feelings about their upcoming visits.

Parents working together can make sure these exchanges are positive with planning and adjustment.



## **Make things go smoothly with these VISITATION TIPS:**

**V**alue your child's time by being on time for pick up. Avoid constant lateness.

**I**nvoke your child's friends to join in some activities. It can make the day more fun.

**S**low down before introducing your dates to your child. Wait until you are serious.

**I**magine how divorce affects your child. Understand your child's sadness or anger.

**T**ake your child back on time to avoid stressing your ex, which affects your child, too.

**A**dhere to the agreed upon visitation schedule. Be a parent your child can count on.

**T**ry ending the visit on an upbeat note. Pack bags, then get ice cream or go for a ride.

**I**dentify appropriate activities to do based on your child's age, needs and interests.

**O**rganize some special activities as well as regular ones. Variety prevents boredom.

**N**ote birthdays and other key dates. Keep a calendar. Call if you can't attend an event.

**T**ell your child you love and miss him or her. It takes time to adjust to a new reality.

**I**nclude your child's belongings in your home. Your son or daughter is not a visitor.

**P**lan upcoming visits with your child so they have specific activities to anticipate.

**S**ay positive things about your child's other parent. Avoid name-calling and put-downs.

**A workable visitation schedule requires cooperation and communication. Make sure you do your part to help your child adjust and thrive.**