

How to help your children:

- Reassure children that they are loved
- Allow children to express loyalty to each parent; share details of their day with each parent and enjoy each parent
- Don't show conflict in front of or within earshot of your children
- Maintain connections with extended family but ensure they don't express conflict in front of the children
- Set-up a positive support network – ensure they have a neutral stance in front of the children
- Maintain most routines, but allow for some new routines to be established as well (e.g. keep bedtime, establish a special Saturday breakfast)
- When concerned about how children are coping, ask the other parent what's happening in their home, don't ask the children.
- Communicate directly with the other parent. Don't communicate through the children and don't ask children to deliver messages.
- Be sensitive to your children's needs and respect those needs with a flexible response – e.g. allow phone calls outside the schedule, allow the extra time with the other parent.
- Recognize each parent brings their own strengths, personalities and flaws to the parenting process. Your children will often benefit from your differences, but may try to take advantage of them, don't leap to conclusions.
- If you make mistakes, apologize to your children.