

Tips for the Visiting Parent:

Being with your child in the presence of someone else may be uncomfortable for you, at least at the beginning. You probably have many questions and concerns. Do your best to focus on your relationship with your child. Your patience and commitment will pay off. Here are some suggestions that might be helpful to you:

- Read the court order,
- Arrive and depart on time,
- Avoid discussing the court case or terms of the visit with your child,
- Avoid quizzing your child about the other parent's activities and relationships,
- Avoid making your child a messenger to the other party, and
- Say brief and positive good-byes to your child when the visit is over.

Tips for the Custodial Parent:

Supervised visitation can also be a challenge for you. Typically you have been taking care of your child's everyday needs and have a routine for yourself and your family. You usually have concerns and questions about the visits and how they will affect your child. This is understandable. Here are a few suggestions that might help you in the process:

- Read the court order,
- Explain to your child where and when the visits will take place,
- Have your child ready on time and be prompt,
- Reassure your child that you support him or her in having a pleasant visit,
- Avoid quizzing your child about the visit, and
- Avoid making your child a messenger to the other party.

To Both Parents:

Supervised visitation can be difficult and uncomfortable at times. Often there are hurt and angry feelings toward the other parent, and it seems impossible to have a positive attitude about the supervised visitation. Remember that both of you care about your children, and that, if possible, children benefit from having two parents in their lives.