



Safe Balance

Put Your Mind At Ease

Safe Balance Child Contact Service Pty Ltd

Non – Residential Parent

Some tips to support a successful visit with your children.

- Follow the schedule set up for your visits. Cancel only if doing so is unavoidable. Routine is very important for children.
- Be sure to arrive on time.
- Spend the time focusing on your children. This is their time to enjoy being with you. Clear your mind of other distractions and provide your children with positive attention.
- Be prepared. Plan on talking and playing with your children. Bring games, toys, books etc. that your children will enjoy. Be sure to check items are appropriate with your Supervisor ahead of time. Have a general plan in mind for how to spend the time but also be open to what your children may want to do.
- Talk with your children about what you are doing. Give them general details about your life just as you would do if you were in the same house. Ask questions about their activities and show an interest in the things that matter to your children. Please note – asking questions isn't the same thing as grilling them for information. Take their lead on this. If you ask a few questions and get no response, move on.
- Be scrupulous with your word. If you say you are going to do something, do it. Be very careful to only make promises that you can keep.
- Avoid talking about the separation, the other parent, and any court matters. This is a time for you and your children to share time together, build connections and have fun. Keep conversations positive and light.
- Make only positive or neutral comments about the other parent. Anything else places your children in a terrible loyalty bind and has the potential of negatively influencing your time together.
- Remember to let your children know that they are valued and loved.
- Relax and enjoy yourself. Your relaxation will carry over to your children and significantly contribute to the success of the visit.