



Safe Balance

Put Your Mind At Ease

Safe Balance Child Contact Service Pty Ltd

Residential Parent

Here are some tips to support a successful visit for your children.

- Follow the schedule for your children's visits with the non – residential parent. Only cancel for emergencies.
- Arrive on time.
- Prepare your children for the visit. Mark the visitation days on a calendar. Help gather toys and activities for the visit. Use what you know about your children's temperaments to help them transition to the visit. For example, allow enough time to get ready so that they aren't frantically rushing out the door. Provide down time after the visit rather than immediately going to another activity.
- Pack a snack and water with the child. This may not be used though, it is just in case.
- Be positive. Demonstrate through your words and actions that you want your children to have this time with their other parent.
- Avoid talking about the separation, the other parent and any Court matters.
- Do everything you can to make sure that your children are not placed in the middle of conflict that may be ongoing between you and the other parent.
- Any legal issues need to be addressed with your legal representation outside of the visits.