

Going Between My Homes: A Child's Perspective

Suggestions for a smooth transition between homes:

- Please have me ready to go at the agreed-upon time.
- If you're coming to pick me up, arrive on time so I'm not left waiting and worrying. If you're running late, let my other parent know in advance or as soon as possible.
- Create a routine that happens before I leave, so I know what to expect.
- Remind me at least 20 minutes before it's time to go, so I can pack the things I want to take with me.
- Don't make me carry unnecessary items like toothpaste, toothbrushes, or underwear. These things should already be available at both of my homes.
- If I have trouble with separation, consider having the parent whose time is ending take me to the other parent.
- If I'm excited and run out the door, please don't call me back for a hug or kiss.
- Don't tell me you'll miss me; instead, just say you love me.
- Be polite during the exchange. Please don't argue or fight.
- Don't ask me to deliver messages or items to my other parent.
- When you come to pick me up, if it's safe, please walk up to the door instead of just honking or texting.
- If I want to show my other parent something in my room, please allow me to invite them in, as long as it's safe.
- Communicate with my other parent about my homework or any medication I need; don't leave this responsibility to me. I'm a kid, and it's hard for me to keep track of these things (or I might not want to).
- Try to avoid picking me up in fast-food or gas station parking lots. It's better to exchange me at home, school, or after my activities.

These small actions can help make going between my homes easier and less stressful for me.