

Moving Between My Homes

Suggestions from a child's perspective:

- **Be Ready on Time:** Have me ready to go at the designated time.
- **Punctuality Matters:** If you're picking me up, please be on time so I don't have to wait and worry. If you're running late, inform my other parent as soon as possible.
- **Routine Helps:** Establish a routine for the time before I leave.
- **Reminder to Pack:** Remind me at least twenty minutes before the exchange to pack the items I want to take.
- **Essentials Should Be There:** Don't make me carry a suitcase with essentials like toothpaste, toothbrushes, and underwear. These should already be at both homes.
- **Separation Anxiety:** If I have difficulty with separation, consider having the parent whose time with me is ending drop me off.
- **Let Me Go:** If I'm excited and run out the door to leave with my other parent, don't call me back for a hug or kiss.
- **Positive Farewells:** Don't say you'll miss me; just tell me you love me.
- **Be Polite:** Be courteous during the exchange; avoid arguing or fighting.
- **No Messengers:** Don't ask me to give something or relay a message to my other parent.
- **Proper Pick-Up:** If safe, come to the door when you pick me up; don't just honk or call/text.
- **Room Sharing:** If I want to show my other parent my room or something I'm doing, let them in if it's safe.
- **Communication About Responsibilities:** Discuss any homework or medication I need with my other parent. Don't leave this responsibility to me, as I might forget or not want to handle it.
- **Choose Appropriate Locations:** Avoid exchanging me at fast food or gas station parking lots. Exchange me at home or when I get out of school or extracurricular activities.