

CHECKLIST: KEEPING IN TOUCH

When your child is living with you and you are working outside of the home, do you

1. leave notes at home for your child (if your child is old enough to read)?
2. phone, e-mail, or leave a pager message for your child?
3. get phone calls from your child to your work?

During this last week, did you do any of those things listed above? If yes, how many times?

When your child is not living with you, do you

1. do any of the things listed above?
2. send e-mail or letters if you are gone for more than a week?
3. send audiotapes or videotapes if you are separated for more than three weeks?
4. have other ways of communicating such as those described in chapter 18, Long-Distance Parenting?

During the last two weeks, did you do any of the above? How many times?

CHECKLIST: LONG-DISTANCE COMMUNICATIONS

1. Continually reassure the child of your love, but do it in simple terms and gestures. The key here is to show *and* tell.
2. Call and talk to the child at least twice weekly, and if possible much more often. Consider a private phone and answering machine in the child's room just for your calls.
3. Set up a telephone or beeper signal so the child can let you know if he or she needs to talk to you.
4. Provide the child with stamped, self-addressed envelopes.
5. Use video- and audiocassette tapes for correspondence, reading bedtime stories, and so forth. Mail pictures of your life and environment.
6. Use e-mail, beepers, voice mail, and answering machines for frequent written communications.
7. Start a "thinking-of-you box"—dated items, mementos, and unmailed letters to give the child when reunited, if you're out of touch with him or her at present.
8. Make connections long-distance with the child's school and if possible with doctors and coaches.

