

I'm on the Right Track

1. *Have I told my child that he or she is not responsible for the separation and that both parents love him/her?*
2. *Have I said nice things to my child about the other parent?*
3. *Have I listened but not judged when my child speaks of the other parent?*
4. *Have I considered my child's wishes when setting up an access visit?*
5. *Have I encouraged my child to express feelings of love toward the other parent, his/her new partner or family.*
6. *Have I set up an area in the child's bedroom (cork board) where the child can post pictures and mementoes from the other parent?*
7. *Have I encouraged my child to email or call the other parent on the telephone between access visits?*
8. *Have I been polite to the other parent during access exchanges?*
9. *Have I given support to the other parent when that support is important to my child?*
10. *Have I set clear boundaries with my family regarding their comments with respect to the other parent?*
11. *When dealing with the other parent, have I tried to look to the positive instead of the negative with respect to problem solving?*
12. *Have I shared the child's moments of accomplishments with the other parent?*

Answering yes to the above questions may indicate you are on the right track with respect to creating a positive environment for your child.