

Co-parenting tips: Transitioning from one house to the other

by Bartholomew & Wasznicky on May 31, 2013



Moving from house to house every few days or just on weekends can be stressful for children. Transitions from one parent's house to the other are major changes in your children's reality that adults do not have to face. A "hello" with one parent is a "goodbye" with the other.

To ease your children's transitions between households, keep the following tips in mind:

When your child leaves your house

Keep a positive attitude around your children's departure and deliver them on time. The following strategies can make transitions easier:

- **Remind kids a couple days before the transition.** Reminding children that they will be leaving for the other's parent home helps them anticipate the change.
- **Don't wait until the last minute to help them pack.** Kids like taking something familiar with them, or a favorite video game or special outfit. Waiting until the last minute makes them, and you, feel rushed.
- **It's better to drop off your children.** It's a better idea to avoid picking up your child from the other parent. You risk interrupting or cutting short a special moment.

When your child returns

Help your child adjust to returning to your home by:

- **Doing what the child wants to do.** Some may want to run off and play with their friends they've missed. Some may want to spend quiet time with you. Keep the demands low.
- **Allow the child some space if they need it.** Some children need a little time to adjust to the transition. If they seem to need some space, do something else within viewing distance.
- **Establish a special return routine.** Children like routine. It's safe. It's grounding. Try playing a game or serving the same meal each time your child returns.

Keep in mind that the transition from and to your home are constant changes that your children must face, and accept that it is difficult for them. Even adults wouldn't cope with these constant transitions without difficulty. If your child is experiencing stress and anxiety with the transitions, it may be a good idea to discuss with your ex the possibility of counseling for your child.

Getting Legal Help

The experienced Sacramento Family Law Attorneys at Bartholomew & Wasznicky LLP can help you navigate your divorce and child custody issues with respect and compassion. Contact Bartholomew & Wasznicky LLP today for knowledgeable and respectful representation. Call us at **(916) 455-5200** or email us at info@DivorceWithRespect.com.