

# Checklist

## Some parenting issues to consider

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### **Living Arrangements**

If your children are living with you, how much time will they spend with the other parent?

What days and times are going to suit the children? Are these likely to change?

Are they going to spend time overnight with the other parent?

How flexible would you like the arrangements to be?

Do you need to discuss the children's routine with the other parent?

Do the children have particular health issues which you need to discuss?

### **How will the children communicate with the other parent when they are not spending time with him/her?**

Would you like the other parent to call the children on the telephone at set times during the week?

Are the children free to call the other parent whenever they want?

### **What arrangements will you make for the school holidays and special days?**

Will the children spend extra time with the other parent in the school holidays? You may need to take into account your work schedule, and/or the work schedule of the other parent and his ability to take time off work.

How much time will the children spend with the other parent on their birthdays?

What about Christmas?

Are there any other special days or festivals to think about?

### **Transport**

How are the children going to move between houses? Who will drop them off and pick them up?

Where will the 'changeover' between parents take place? Daycare? School? Home? A neutral venue somewhere between the two homes?

### **Children's activities**

Discuss with the other parent how the two of you are going to manage the children's extra-curricular activities.

Who is going to take them to week-end sport? And to mid-week activities?

Are you going to share the responsibility for taking the children?

Are you going to share the cost?

### **Communicating with the other parent**

What is the best way for you and the other parent to communicate with each other about the children? Email? SMS? Phone calls?

How are you going to discuss parenting matters in the future and make long-term decisions about the children?