



Pause for a child

You may no longer be in a relationship with your child's other parent, but rest assured, your child still needs you.

Here are some suggestions to help you care for your child and be a positive presence in his or her life, even if you are divorced or separated from the other parent:

- Decide to set aside your differences with the other parent to focus on your child's needs. Even if it means you have to compromise.
- Avoid complaining about the other parent to your child or calling that parent's rules or decisions wrong.
- Agree to share your child during the holidays, birthdays and breaks from school on a schedule that makes the experience convenient and happy for your child.
- Avoid arguing with the other parent in front of your child, or calling the other parent names in front of your child.
- Contribute to big expenses for your child, such as a Christmas gifts, braces or a college fund.
- Attend your child's activities and programs as often as you can, and join the other parent at meetings with teachers on a regular basis.
- Tell and show your child often how much you love him. Let him know that while you are no longer in a relationship with the other parent, you will always be a part of his life.

