

Do's and Don'ts of Holiday Visits



Krist Samaritan Center

Don't

- Don't use visitation arrangements as a weapon against your ex-spouse. It will hurt your child worse than your ex-spouse.
- Don't deny your child visits with his or her parent due to non-payment of child support. This punishes your child for your ex-spouse's shortcoming.
- Don't expect your child to furnish you with information about your ex-spouse, thus forcing him or her into a "spy" or "tattle-tale" role.
- Don't forget to include your child in household responsibilities when he or she is with you on visits. He's not a guest and should share in the work as well as the fun.

Do

- Do try to separate your needs from your child's and work to meet both sets of needs appropriately.
- Do be aware of any tendency you may have to behave in a passive-aggressive way. Example: "Forgetting" to pick up your child or "forgetting" that this is the day the other parent is due.
- Do let your child know as early as possible if a visit from the other parent must be postponed or cancelled.
- Do view your child's visits with the other parent as important to the child's well-being.