

Going Between My Homes

1. Have me ready to go at the time designated.
2. If you are coming to get me, pick me up on time so I don't sit around waiting and worrying. If you may run late, let my other parent know in advance or as soon as you can.
3. Set up a routine that *usually* occurs before I leave.
4. Remind me at least 20 minutes before the exchange to pack items I may want to take.
5. Don't make me carry a suitcase of things I could care a less about such as toothpaste, toothbrushes, underwear, etc. These things should already be in both of my homes for me.
6. If you know what my other parent may be doing with me, talk to me about it in advance to get me prepared.
7. If I am excited and run out the door to take off with my other parent, don't call me back to give you a hug or kiss.
8. Don't tell me you will miss me, just tell me that you love me.
9. Be polite during the exchange, do not argue or fight.
10. Don't tell me to give something to my other parent or to deliver a message to my other parent.
11. Respect me enough to walk up to the door when you come to get me, don't just pull up and honk.
12. If I want to allow my other parent to see my room or something I am doing, allow me to let them in.
13. Do talk about any homework I may have or medication I need. Do not leave this up to me because I am child and I have a hard time keeping up with these things...or I may not want to.
14. Don't exchange me at McDonalds or a Wal-Mart parking lot. Exchange me at my homes or when I get out of school/extracurricular activities.

