teresa luse

Co-parenting Coach • Family Mediator

10 WAYS TO RECLAIM LOST TIME

with Your Kids After Divorce or Separation

01 Live close to the other parent- within 15 minutes and no more than 30 minutes away

02 Agree on a parenting schedule that establishes expected times for each parent to spend time with the kids

03 Talk to your child daily on a video call (Facetime, Zoom, app-based video calling, etc.). If video calling is not possible, call them on the phone

04 Volunteer for school activities: before- or after-school parent, room parent, chaperon for special trips and events, coordinator for school fund raisers or class parties

05 Attend your child's events where parents are welcome as often as possible. This includes sports games and practices, stage rehearsals and performances, parent-led clubs, award banquets, etc. Go even if your co-parent or ex-in-laws will be there.

06 Offer (to your co-parent or your child's friend's parents) to transport children to and from extracurricular activities

07 Arrange to receive all your child's school information from the source (school office, sports coach, music director, teachers, counselors)

08 Be there for special moments such as parent-child school events like the daddy-daughter dance, prom photo gatherings, etc.

09 Take family vacations annually or more often if possible with your child. Make sure this is included in your parenting agreement.

10 Offer to your co-parent to host or help plan parties to celebrate your child's milestones such as birthdays and graduations. Or, plan your own parties for your child and consider including your co-parent to build bridges to peace with them.

Small choices create more chances to stay connected.

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