

Cheat Sheet for ≤ 14% Parents** - by www.AKidsRight.Org

DON'T GIVE UP:

- Supervised 'visits' & 'kids not there' & 'kids don't want you' – all designed to drive you away, make you angry/depressed and finally give up. The self-fulfilling prophecy!
- Never say this → “A Judge made me a lesser parent. I've told the kids not to expect me around. Not to expect me to buy them gifts/clothes/things that's what the support money is for!”
- Jump through the hoops. Pay more support than justified, have supervised visits, go to anger management and parenting classes. They want you to fail, get angry, not cooperate.

CONTINUE TO BE A PARENT:

- The system puts obstacles in the way. Only by giving up do you make yourself “not a parent.”
- Always send them a card/gift for the holidays and their birthday. Keep the Priority Mail delivery receipts. You can't control if the other parent gives it to them, but you did your duty.
- Don't undercut the other parent (even though they are trying to alienate the kids). Keep communication upbeat with the kids, just about you and them.
- Have family/friends take photos/video of you and the kids having a good time together. A 5 minute fun-filled video is VERY effective in Court. Let the Judge SEE for themselves.
- Stay involved at school (even with no legal custody). Dress well, make an appointment to visit, and talk to them about how you can stay involved: report cards, go to sporting/other events.

LEGAL/CONDUCT TIPS:

- Use Email to communicate with the other parent. Be courteous and keep the goal of reaching a negotiated settlement. It may take years, but don't antagonize them – you can only lose more.
- Have a friend with you (or in a monitoring location) if exchanges with the other parent are difficult. Keep a diary of any interference with you seeing the kids.
- Paying support – CHECKS ONLY! File a modification IMMEDIATELY when work changes.
- *CHANGE OF CIRCUMSTANCE* - Allows a change to the custody schedule or support payments.
- LAWYERS – If you have money please use one. Being 'pro se' in Family Court just doesn't work, the Judge wants to talk to two 'objective' lawyers.....
- DON'T use the kids to spy on the other parent or their activity there.
- Have Faith? PRAY → “*God, you see what is happening and you know the pain. I trust you can make things better if you wish. You know and love each of us, please open our hearts that we can do better.*”

HELP US MAKE THE SYSTEM BETTER: Visit offices of Members of Congress and talk about Family Rights that need to be recognized & protected in our country. www.AKidsRight.Org

** 14% - Term coined by Don Mathis for parents limited to every other weekend – fourteenpercenter@yahoo.com