

PARENTING AFTER SEPARATION GUIDE

Mum's time with the child	Dad's time with the child
<ol style="list-style-type: none"> 1. Her time / her responsibility. 2. Her lifestyle choices / routine. 3. Her way of parenting / discipline. 4. Only polite and brief talk with the other parent, that is child-focused. No deep and meaningful about personal stuff. 5. If your separation is still new and raw then email or text communication might be the cleanest way to sort arrangements. [Do not harass the other parent.] 6. Your child is not allowed to complain about Dad's style of parenting. Do not pry into your kid's life with Dad. 7. Make an arrangement on set phone calls from Dad each week your child is with you. 8. Keep to the routine; yet be flexible and swap nights when something out of the ordinary comes up, like a funeral or parent sickness. 	<ol style="list-style-type: none"> 1. His time / his responsibility. 2. His lifestyle choices / routine. 3. His way of parenting / discipline. 4. Only polite and brief talk with the other parent, that is child-focused. No deep and meaningful about personal stuff. 5. If your separation is still new and raw then email or text communication might be the cleanest way to sort arrangements. [Do not harass the other parent.] 6. Your child is not allowed to complain about Mum's style of parenting. Do not pry into your kid's life with Mum. 7. Make an arrangement on set phone calls from Mum each week your child is with you. 8. Keep to the routine; yet be flexible and swap nights when something out of the ordinary comes up, like a funeral or parent sickness.
Week 1	Week 2
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