

GUIDELINES FOR PREPARING CHILDREN FOR PARENTING PLAN INTERVIEWS

Introduction

It is important to keep the conversation brief and focused. Overloading your child with information can be overwhelming.

What to Tell Your Child

- Explain to your child that the interviewer is assisting both parents, now that they are living in separate homes, to develop a parenting plan that prioritizes the child's best interests.
- Emphasize that the interviewer wants to hear the child's thoughts and feelings.

Encouraging Honest Communication

- During this process, it is important for everyone (mom, dad, and the interviewer) to consider your thoughts and feelings.
- The interviewer is interested in hearing your perspective. You can share as much or as little as you feel comfortable with, and you can speak openly about anything that matters to you.
- As your parents, we want you to feel free to express what is true for you.

Avoiding Coaching

- It is important not to coach your child on what to say. Coaching can be easily detected during the interview and can reflect poorly on the parent's intentions. Encourage your child to speak honestly and openly.

Reassuring Your Child

- Let your child know that the interview is a safe space for them to share their feelings.
- Reassure them that there are no right or wrong answers, and their honesty is what matters most.

Providing Emotional Support

- Be available to listen to your child's concerns or questions before and after the interview.
- Offer comfort and reassurance, emphasizing that their well-being is the top priority.

Practical Tips

- Ensure your child is well-rested and has eaten before the interview.
- Arrive at the interview location early to allow your child to acclimate to the environment.