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Kids In Divorce Support

1585 E Leighfield Drive Suite 110 Meridian, ID 83646

KIDS Services Offering:

Return Service Requested

Supervised Visitation Therapeutic Supervised Visits Recreational Supervised Visitation Skype Visitation Monitored Exchanges Providing services seven days a week and holidays

1585 E Leighfield Drive Suite 110 Meridian, ID 83646 Phone: (208) 375-5800 Email: visitation@kidsservices.net Website: www.kidsservices.net Servicio disponible en español. **KIDS Services** 

Kids In Divorce Support Services

Seven Guidelines for Parents Who Are Divorce/Separated and Sharing Custody of Children During the COVID19 Pandemic

April 2020



1585 E Leighfield

Suite 110 Meridian, Idaho

208.375.5800

Drive

1. <u>BE HEALTHY</u> Comply with all CDC and local and state guidelines and model good behavior for your children with intensive hand washing, wiping down surfaces and other objects that are frequently touched, and maintaining social distancing. This also means BE INFORMED. Stay in touch with the most reliable media sources and avoid the rumor mill on social media.

2. <u>BE MINDFUL</u> Be honest about the seriousness of the pandemic but maintain a calm attitude and convey to your children your belief that everything will return to normal in time. Avoid making careless comments in front of the children and exposing them to endless media coverage intended for adults. Don't leave the news on 24/7, for instance. But, at the same time, encourage your children to ask questions and express their concerns and answer them truthfully at a level that is age-appropriate.

3. <u>BE COMPLIANT</u> with court orders and custody agreements. As much as possible, try to avoid reinventing the wheel despite the unusual circumstances. The custody agreement or court order exists to prevent endless haggling over the details of timesharing. In some jurisdictions there are even standing orders mandating that, if schools are closed, custody agreements should remain in force as though school were still in session.

4. <u>BE CREATIVE</u> At the same time, it would be foolish to expect that nothing will change when people are being advised not to fly and vacation attractions such as amusement parks, museums and entertainment venues are

#### Nurture Yourself

Spend and afternoon looking through magazines Make a collage of "What I want to be" Buy yourself balloons Give yourself a teddy bear Hug anyone who lives with you Visit a sick friend Establish rituals for you Give yourself some TLC Have tea and crumpets Meditate Splash in mud puddles or kick leaves

### Guidelines during COVID19 Pandemic Continued from page 1

closing all over the US and the world. In addition, some parents will have to work extra hours to help deal with the crisis and other parents may be out of work or working reduced hours for a time. Plans will inevitably have to change. Encourage closeness with the parent who is not going to see the child through shared books, movies, games and FaceTime or Skype.

5. <u>BE TRANSPARENT</u> Provide honest information to your co-parent about any suspected or confirmed exposure to the virus, and try to agree on what steps each of you will take to protect the child from exposure. Certainly both parents should be informed at once if the child is exhibiting any possible symptoms of the virus.

6. <u>BE GENEROUS</u> Try to provide makeup time to the parent who missed out, if at all possible. Judges expect reasonable accommodations when they can be made and will take seriously concerns raised in later filings about parents who are inflexible in highly unusual circumstances.

7. <u>BE UNDERSTANDING</u> There is no doubt that the pandemic will pose an economic hardship and lead to lost earnings for many, many parents, both those who are paying child support and those who are receiving child support. The parent who is paying should try to provide something, even if it can't be the full amount. The parent who is receiving payments should try to be accommodating under these challenging and temporary circumstances.

Adversity can become an opportunity for parents to come together and focus on what is best for the child. For many children, the strange days of the pandemic will leave vivid memories. It's important for every child to know and remember that both parents did everything they could to explain what was happening and to keep their child safe.

Leaders from the American Academy of Matrimonial Lawyers (AAML) and AFCC released these guidelines for coparenting during the COVID-19 pandemic. From the leaders of groups that deal with families in crisis:

Susan Myres, President of AAML

Dr. Matt Sullivan, President of AFCC

Annette Burns, AAML and Former President of AFCC

Yasmine Mehmet, AAML

Kim Bonuomo, AAML

Nancy Kellman, AAML

Dr. Leslie Drozd, AFCC

Dr. Robin Deutsch, AFCC

Jill Peña, Executive Director of AAML

## KIDS Services is Looking For a Few Good People

This is an excellent position for someone who is looking for parttime work with flexible hours. We are an agency who provides supervised visitation to families disrupted by child abuse, neglect, domestic violence or custody disputes. We provide services afternoons, evenings, and weekends. Schedule and hours will vary from week to week. We are looking for someone who is available several evenings a week and some weekend hours.

Applicants will:

- Be twenty-one (21) years of age or older;
- Pass a criminal background check;
- Have knowledge of emotional and practical ramifications of domestic violence, physical and sexual abuse, substance abuse, separation and divorce;
- Have a working knowledge of child development stages;
- Shall be able to observe perceptively;
- Be able to write concise observations of visits;
- Shall be assertive, self-composed, self-assured and able to exercise their authority as necessary;
- Be and remain objective;
- Demonstrate good judgment;
- Have and continue to develop good communication and interpersonal skills; must be able to understand and interpret nonverbal messages;
- Be able and willing to maintain an independent role and draw boundaries;
- Have the ability and willingness to relate to all cultural, ethnic and socioeconomic groups and different lifestyles;
- Be comfortable advocating for children and able to refrain from taking sides in disputes between the parents.

Pay is \$11.50/hour. If interested please email resume to visitation@kidsservices.net.

# KIDS Services Coronavirus Update

At this time, KIDS Services remains open.

We all continue working to ensure appropriate precautions are in place to promote a healthy environment. We are following the everyday precautions to prevent the spread of this virus: avoid close contact with people who are sick; avoid touching eyes, nose, and mouth; and wash our hands often with soap and water or use a hand sanitizer. Everyone entering our building is greeted with Purell and a thermometer for taking their temperature. Bathrooms and kitchens are disinfected after each use.

The number of people in our building at any given time is 10 or less. Each family is in their own room with a supervisor. Contact with others in the building is limited to passing in the hall.

If your financial situation has changed I would encourage people to apply for funding. If your case is in Ada County you need to request an application from family court services: 208-287-7600 or <u>fcs@adacounty.id.gov</u>.

Canyon County cases can print off the application from our website: <u>http://www.kidsservices.net/forms.aspx</u>.

If you find it necessary to cancel a visit, please contact our office. However, the expectation is all cancelled visits will be made up at an appropriate time. Cancellation fees will not apply unless a parent refuses to reschedule, no matter who cancelled the visit.

We understand the situation is changing daily and continue to monitor all developments. If you have specific concerns about attending visits, please feel free to contact us.

### Be a Good Role Model For Your Children By Barrie Gillies (Parents Magazine)

**Be the role model your children deserve**. Kids learn by watching their parents. Modeling appropriate, respectful, good behavior works much better than telling them what to do.

Fess up when you blow it. This is the best way to show your child how and when they should apologize.

Live a little greener. Show your kids how easy it is to care for the environment. Waste less, recycle, reuse, and conserve each day. Spend an afternoon picking up trash around the neighborhood.

Always tell the truth. It's how you want your child to behave, right?

**Respect parenting differences.** Support the other parent's basic approach to raising kids -- unless it's way out of line. Criticizing or arguing with each other will do more harm to your child's sense of security than if you accept standards that are different from your own.



### Easter is considered a celebration that represents new life and lots of yummy Chocolate Easter eggs.

ENJOY THIS BEAUTIFUL HOLIDAY WITH YOUR LOVED ONES!

# HAPPY EASTER!

FROM ALL OF US AT KIDS SERVICES

# Quarantine - Day Nine



# Ways to Entertain Your Kids (and keep your sanity) During the Coronavirus Outbreak

#### House Bound Zoo

Visit the Denver Zoo's Instagram, @denverzoo, and get pictures of the animals, including the baby rhino. From there, learn about the creatures you see online, either on the zoo's website or on other educational pages. Have the kids draw animals they see, make diagrams of their habitats and watch videos of the animals in motion.

### Make Your House a Gymnasium

Place couch cushions on the floor, then have the kids place their hands on the cushion and hop their legs over from side to side. More advanced kids can do a full cartwheel or summersaults.

Use tape on the floor to outline a balance beam and have them do various walks along the line, adding in fun props perched on their heads.

### <u>Go Outside</u>

It's a great time to start a garden, and kids love digging. Discuss plants and how things grow, then let them plop the seeds in. Go online to see pictures of gardens you can use for inspiration in your own garden.

Pitch a tent to play camp. Spread a blanket outside for a healthy picnic.

Bird watching—start a list of names and/or pictures of what you see in your yard.

### Quiet Time

Have children work on paintings, drawings and collages for an end -of-the-week art show.

Break out LEGOs, Play-Doh, Magna-Tiles and other building tools for some peaceful construction.

Organize a movie theater adventure using DVDs or find something of interest on YouTube.

Find books you can read a chapter or two a day together.