



Kids In Divorce Support Services
1585 E Leighfield Drive
Suite 110
Meridian, ID 83646

KIDS Services Offering:

- 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.

Return Service Requested



KIDS Services

Kids In Divorce Support Services

Services We Offer

Supervised Visits (SV) - KS director determines when a family is eligible for this supervision. The court can order SV when there are concerns for the emotional well-being of a child or when there has been a long absence between the parent and child. A court order is required for this service.

Monitored Visits (MSV) - Supervisors observe visits through a video camera. For families who do not require a high level of supervision this is less intrusive.

Monitored Exchanges – Exchanges of children takes place without any parental contact. We do not require a court order for this service.

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KIDS Services
1585 E Leighfield Drive
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Meridian, Idaho
208.375.5800

Nurture Yourself

Remember,
people treat you
the way you
treat yourself.
Read your baby
book.

Hang up some of
your baby
pictures.

Write in your
journal.

Line your
dresser drawers
with pretty
paper.

Say no.

Put a single
flower in a bud
vase on your bed
stand.

Add a slice of
lemon to your
water glass.

Use a humidifier
in the winter.

Buy new sheets.

Services We Offer Continued from page 1

Therapeutic Supervised Visits (TSV) — The visits take place with a licensed mental health professional. Therapists work with the parent and child when there are issues to be settled before moving on to regular SV.

Recreational Therapy (RSV) - RSV is offered in conjunction with TSV. Families work with a therapist who helps them regain balance in their lives through activities they once found pleasurable.

Skype Visits - Visits take place over Skype. Visiting parent must also have internet access with Skype.

Community Visits (CV) - In very special cases, we will consider an occasional visit into the community. Both parties have to agree and the director has discretion as to who can participate and the activities. This is also used by therapists in Reunification Therapy.

How Long Should Your Child's Supervised Visitation Be?

Spending time with your child is something we never seem to have enough of. This can be especially true when a parent and child are visiting in a supervised environment.

Three or four hours seems hardly enough time. However, when you are visiting at a facility, two hours has proven to be about the optimum length of time.

If your child is two years or less, you might consider two, 1-hour visits. Otherwise, one hour is too short. Often there is not enough time for snack

and playing. Children will feel rushed to eat so they can return to the activity or game they started. Many times they will just not eat.

More than two hours we find parties start to get restless. Both children and parent often become bored and soon they do not want to attend the visits.

Spend time preparing for your visit and make every minute count. You can find ideas for activities on our website:

www.kidsservices.net

Saying thank you, please,
excuse me, makes you welcome
everywhere you roam.

You'll appreciate my wisdom
someday when you're older and
you're grown.

Can't wait til you have a couple
little children of your own.

You'll thank me for the counsel
I gave you so willingly,

But right now I thank you not
to roll your eyes at me.

Close your mouth when you
chew, we'd appreciate,

Take a bite, maybe two, of the
stuff you hate.

Use your fork, do not burp or
I'll set you straight.

Eat the food I put upon your
plate.

Get an A, get in the door, don't
be smart with me,

Get a grip, get in here on the
count to three,

Get a job, get a life, get a PhD,
I don't care who started it,
You're grounded until you're
36.

Get your story straight and
tell the truth for once for
heaven sake.

And, if all your friends
jumped off a cliff, would you
jump to?

If I've said once I've said it
at least a thousand times
before,

That you're too old to act this
way,

It must be your father's
DNA.

Look at me when I am talking,
stand up straighter when you
walk.

A place for everything, and
everything must be in place.

Stop crying or I'll give you
something real to cry about.

Brush your teeth, wash your
face, get your pj's on.

Get in bed, get a hug, say a
prayer with Mom.

And tomorrow we will do this
all again,

Because a Mom's work never
ends.

You don't need the reason
why,

Because, Because, Because,
I said so, I said so, I said so.
I'm the Mom, the Mom, the
Mom.

You can hear this to music on YouTube.
Search "The Mom Song"

What a Mother Says Everyday (Set to the William Tell Overture)

Get up now, get up now, get up out of bed,

Wash your face, brush your teeth, comb your sleepy head.

Here's your clothes and your shoes, hear the words I said,

Get up now, get up and make your bed.

Are you hot, are you cold, are you wearing that?

Where's your books and your lunch and your homework at?

Grab your coat and your gloves and your scarf and hat.

Don't forget, you've gotta feed the cat.

Eat your breakfast, the experts tell us it's the most important meal of all,

Take your vitamins so you will grow up one day to be big and tall.

Please remember the orthodontist will be seeing you at three today,

Don't forget your piano lesson is this afternoon so you must play.

Don't shovel, chew slowly, but hurry, the bus is here,

Be careful, come back here, did you wash behind your ears?

Play outside, don't play rough, would you just play fair?

Be polite, make a friend, don't forget to share,

Work it out, wait your turn, never take a dare,

Get along, don't make me come down there.

Clean your room, fold your clothes, put your stuff away,

Make your bed, do it now, do we have all day?

Were you born in a barn? Would you like some hay?

Can you even hear a word I say?

Answer the phone, Get off the phone,

Don't sit so close, turn it down, no texting at the table.

No more computer time tonight,

Your ipod's my ipod if you don't listen up.

Where you going and with whom and what time do you think you're coming home?

Good Co-Parenting Advice

"It really is about the tone you set. And you can talk until you're blue in the face, but kids watch what you do every single day of your life, all day long, and that behavior and that example and that love and community and honesty is just what, I think, is making everything feel safe for my kids and that's really the intention I have as a parent."

"If my Ex and I had a great relationship, we would still be together, but we chose to move on because we had different visions of how we wanted to live our lives. That doesn't mean, though, that we can't rebuild something that would be the best thing for the kids."

"My Ex and I are very good friends, we're very supportive. I feel it's my responsibility as a mom when their dad is not there to let them know that their dad loves them very much because that's the doubt that they have when he's not around or they haven't seen him. That's my job to do that the same way it's his job when he's with them to say, 'Mommy is working and she loves you.'"

"Our son comes first and you have to get past your own egos and you never talk bad about each other."

"I'm really fortunate my Ex and I are very good friends. Our daughter is growing up seeing two people who care about each other. We may not be a traditional family but we are a family and I tell her a family is love and I see her really flourishing because she sees us treating each other with respect."

"I have pictures up of me and my Ex in our son's room so he can always come in and see us being happy together. We try to have family days with him, even though we're not together. Kids want to see their parents together and if you can't be together in a relationship, you've got to come together as friends for your baby."

"We make the kids the number one priority, for them to see their parents together and for everybody to get along and have a great time."

Parenting Influences – Your Relationship with your Child's Other Parent

To some degree, your own parenting style is affected by your adult relationships, most particularly the one with your child's other parent, whether you are married to that person, separated or divorced. Think about how the two of you have divided up the tasks of parenting - from making sure your child gets up in the morning on time, to tucking him in at night and everything in between. How well is this arrangement working? Do either of you feel any resentment about this division of labor? If so, how is this expressed?

Ideally, both parents should work as a team, providing nurturance for their children, showing them consistency and providing support for each other on issues like discipline. Communicate regularly about what is happening with your children. If there are particular issues that you regularly disagree on, you need to discuss and try to resolve them. Here are some other topics to contemplate:

- Do you trust the other parent of your child - that is, how comfortable do you feel with his or her style of parenting? If you go away for an evening or a few days, leaving your child in the care of the other parent, are you confident that he or she will care for your youngster responsibly? What are their strengths or weaknesses? How do you respond to his or her difficulties with your child?
- Do you and the other parent have similar values and priorities regarding the family? Do you have similar expectations of your child's behavior?
- What kind of role models are the two of you providing for your child? Do you and the other parent apply the same standards of behavior for yourselves that you do for your children - that is, do the two of you expect your child to behave in a way that you yourself live up to?

Parenting Influences Continued

As well as doing self-evaluation on the issues described on the preceding page, compare notes on these topics with your child's other parent. Use this information as a springboard to deal directly with any family difficulties that exist.

The Impact of Marital Problems

Interpersonal relationships do not exist in a vacuum. If you and your spouse are having marital difficulties, they are likely to disrupt the entire family. When your marriage is not going well, your parenting skills and your children will suffer.

The adults in most successful families do not neglect marital problems. They will commit themselves to spending time together as a couple and working together to resolve misunderstandings, jealousies or conflicts. They make a commitment to communicate, praise, and forgive each other; they try to understand each other; and they routinely examine their relationship and how it can be improved.

Sometimes children are a convenient excuse for not dealing with serious marital difficulties. Parents may think, "The kids require so much of our attention now; once they're grown, we'll have a lot of time to talk about the problems we have in our own relationship." But that is a prescription for disaster. Problems tend only to become worse with time, and once your children are grown, you may not have much of a foundation to build on - if you are still together at all. So don't let your problems persist without attempting to solve them.

