

Lesson #30: *Remaining Informed and Involved In Your Children's Lives**

**Divorced Fathers Network
Advocates Of Shared Parenting
'Because Children Love Both Their Parents'**

Remaining Informed and Involved:

1. Have frequent contact with your children (phone, mail, e-mail, videotapes, audiotapes, in person). Children do best when they have tangible evidence of their parents' presence in their lives.
2. Meet the other adults in your children's lives, including teachers, doctors, coaches, and their friends' parents. Some of them may not be accustomed to meeting fathers. In addition to ensuring you're an important part of the children's lives, this also sends a strong co-parenting message to other adults in the community.
3. Make sure that school and health records are open and available to both parents on an equal basis. Non custodial parents can show their continued interest and commitment to their children by requesting duplicate copies of school calendars, newsletters and report cards. You can ask to be placed on the school's mailing list, and provide self-addressed stamped envelopes to the school. Each parent should, separately, do the following:
 - have an independent communication with school and health professionals
 - keep copies of the children's health records
 - have open access to the children's records and activities.

You can assure your former partner that this information is not for waging war against him/her, but for staying informed and involved in the children's lives.

4. Whenever possible, parents can present themselves jointly to schools, doctors and community groups. This shows people that you are both committed parents, and working together to raise your children.
5. Remember that any information about what you want has to come from you. Don't wait to be asked to be included and informed. You may have to be persistent.

*from "Mom's House, Dad's House" Isolina Ricci 1980, 1997

Contact DFN by: phone: 831-335-5855

www.DivorcedFathers.org

Email: steve@divorcedfathers.org