

# Divorce Contract for Parents

1. I will not talk badly about the other parent, their friends, or their family. I will let my child care for someone even if I don't.
2. I will not ask my child to keep secrets from their other parent or to spy on them for me. I will allow my child to be honest and loyal to both of us.
3. I will not talk about the divorce, money, or child-support in front of my child. This brings them into my adult-problems that they cannot understand.
4. I will not ask questions about my child's time with the other parent. I will allow my child to tell me what they choose to.
5. I will not use my child to send messages (written or verbal) to their other parent. This places my child in the middle and makes them feel uncomfortable.
6. I will not block my child's visits or prevent them from speaking with their other parent. I will let them enjoy their time with both of us without feeling guilty.
7. I will be civil and respectful to the other parent for the sake of my child.
8. I will find a friend or therapist to talk to if I need rather than talking to my child like an adult about things they cannot understand.
9. I will not make my child choose who they love more.
10. I will allow my child to love both their parents and see each as much as possible by being understanding, flexible, and respectful.

Signatures:

\_\_\_\_\_

Mom

\_\_\_\_\_

Dad

\_\_\_\_\_

Date

\_\_\_\_\_

Date



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