TIPS for the "I am the victim of PA" PARENT.

If you feel you are being alienated from your child…
-create a PRIVATE calendar or journal or use a co-parenting app to record any loss of parenting time & what reason you were given
-if your kids resist visitation, ask & record in your journal why.
-if kids badmouth you during visitation, question the assumption & have them explain or defend it. Journal it….PRIVATELY. Your children have no need to know a journal even exists.
-excessive contact with other parent during your time (constant phone calls, texts, video face2face… log it.
-withdrawal from extended family members, have them explain why then note it.
-withdrawal of medical or school emergency contact info, note date & reason given or how you found out.
-kids calling you by your first name. Ask why & journal what date it started
-how many contempt violations have been filed (copies for evaluator)
-how many false allegations have you been accused of, dates & offenses
-list any friends, neighbors, assoc, etc. that are aware of any bad-mouthing about you and to whom and by whom. (parent or child)
-If you think your child is being manipulated??? Ask the evaluator to assess what level of manipulation your child is being subjected to.
-Do you recognize the phrase? Is your child PARROTING? The alienated child will talk with the evaluator or the judge using language and syntax similar, if not identical, to the way the alienating parent talks. Tell your evaluator specifically what your child has said and Ask your evaluator to confirm IF parroting is happening.

TIPS for the "I've been accused of PA" PARENT.

-create your PRIVATE-calendar/journal or use a co-parenting app to record any extra parenting time that you've given
-note any gifts or cards that were given to the other parent for birthdays, Christmas, etc.
-Keep good records of all your visit dates & times. Also keep track of requests made by the other parent. And if you complied. If not, why?
-Keep a calendar of who had the children for holidays from year to year to show shared access.
-Sports child? Do both parents take them to practice and/or games? Log how often and if both parents attend the same games. Any problems when both are in attendance?
-Let your child show the evaluator the picture of the other parent they keep by their bed or in their room.
-Let your child know it is OK to talk about the other parent in your presence.
-Journal what information from school or other activities you have shared with the other parent.
-Journal any skipping or interfering with scheduled visits or activities
-Document any violations that can help with future contempt or alienation hearings.
-Don't violate the other parent's time. Be sure to document drop off times. (be prompt)
-Foster an open relationship with your child, so they feel comfortable talking about everything — including any alienating behavior like, "Mommy told me not to tell you …" or about any abuse in the other parent's home to a sibling or themselves.
-Regularly say good things about the other parent to your children.