

Kids First  
Parent Handbook







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Illustrations and writings are by children participants in the O‘ahu Kids First program.

This publication is intended to provide helpful information. The publishers specifically disclaim any liability which might be incurred as a result of the use and application of, either directly or indirectly any information presented in this publication. All procedures are suggestions only, and individual decisions should be made based upon the specific circumstances of each case. This publication is intended to give information and not legal advice.

Kids First is a program of the Family Court of the First Circuit  
State of Hawai‘i  
(808) 954-8280

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2022

## INTRODUCTION

I am kind of unsure  
what is going to  
happen in this divorce,  
but I hope that you do  
the best possible thing  
for all of us.

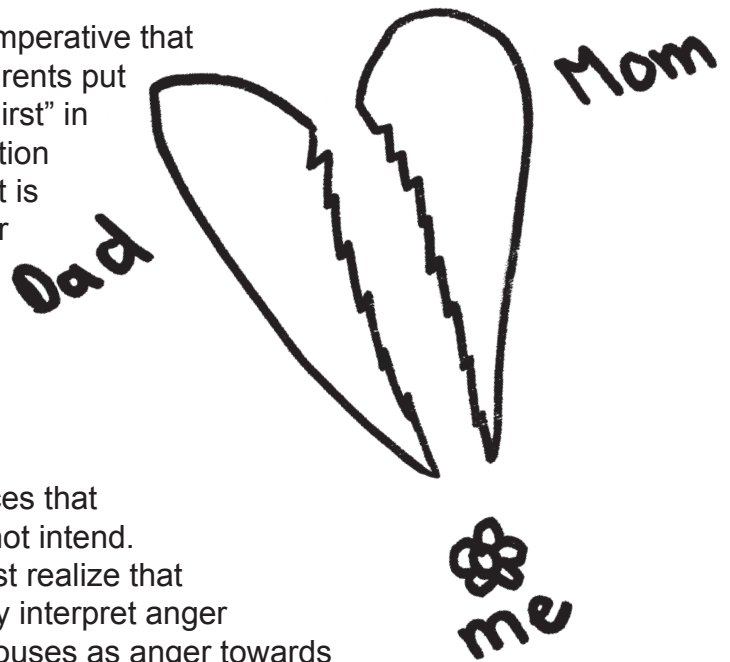


Divorce should be  
civilized instead of parents  
acting like kids.  
See what is in the kids  
best interest and look  
at both perspectives.

Family separation is often the most stressful, exhausting and frightening time for family members, especially for the children. Every year more than one million American marriages end in divorce. In Hawai'i about 5,000 divorce actions are filed each year. So, you are not alone.

This booklet describes what Family Court does in family separation cases. It also explains how children are affected by the separation, how you can help make it easier for them, and where to find help with problems that are of special concern to you.

It is imperative that divorcing parents put their "Kids First" in their separation decisions. It is important for parents to remember that their actions can have long-term consequences that they might not intend. Parents must realize that children may interpret anger between spouses as anger towards the children.



Parents can do a lot to ensure their children's well-being after divorce. Avoiding a custody fight is probably one of the most important things parents can do. Remember that mom and dad still have the same parental responsibilities. They must continue to be responsible for the emotional, economic, and physical needs of their children.

## KIDS FIRST

Dear Mom & Dad,

I just wanted to tell you that even though you guys don't love each other, I still love the two of you. Just because you guys aren't married doesn't mean that we're not a family. You are still my parents.

All parents filing a divorce or paternity action on O'ahu are required to attend a two hour program called Kids First. It takes place on alternating Wednesdays at the Kapolei Court Complex and at Circuit Court in Honolulu. Kids First was developed in 1995 to give parents and children information about how divorce and separation impacts children. While some people are apprehensive about attending this required program, over 95% report that they are glad they came and that they believe the program was valuable to them.

We know all parents love their children and want to do what is best for them. Everyone can use some help and information about how to do that. The information provided in the program by professional staff and by trained volunteers is in a variety of formats. Participants view a video and may participate in discussion. Participants are not required to share any personal information or participate in any way that would make them uncomfortable.

Children ages 6-17 also participate in Kids First. The children and parents watch the Purple Family movie together. The children are then divided into smaller age groups. In their smaller groups, the children play games and learn about courts, and they discuss common feelings about their parents' divorce or separation. The children are provided with juice and a light snack before reuniting with their parents.



## ABOUT LOSS

I feel scared, and that I am not supposed to like my dad for the things he did and that my mom does not like him and she doesn't want anything to do with him. I love my Dad and Mom and want to see them. I don't like it when my mom gets hysterical when she talks to my dad, and when my dad yells and shouts. And they both swear too much around me. I think they need to go to some kind of "anger management counseling."



Dear Mom & Dad,  
Work this out  
please!!!!!!!!!!

Families separating is one of the most drastic changes that life can bring, for the parents and for the children. Just as when there is a death in the family people experience a similar process when they separate. There can be several stages to the adjustment process.

**DENIAL** - It may be hard in the beginning to believe that the relationship is over. Denial helps protect against the shock of the break up and feelings of rejection, loneliness and depression. Some people react by becoming withdrawn or isolated, or may be highly active in order to block the pain.

**BARGAINING** - Thoughts may surface about ways to save the relationship. Some people may make a deal with themselves to do something they hope will save the marriage or their family unit. Children may try to be extra good to try to save the relationship.

**ANGER** - When the realization hits that needs have not been met in the relationship, anger may surface. That anger might be directed towards self or others.

**DEPRESSION** - Admitting that the relationship is over brings sadness. Fear of being alone may surface. When someone feels depressed it is difficult to think about the future.

**ACCEPTANCE** - In time, adjustment to the changes results in feeling better. After acceptance, people are better able to focus on the future and adjust to changes in personal, social and sexual relationships. Life can begin to seem stable and hopeful.

## HOW KIDS FEEL



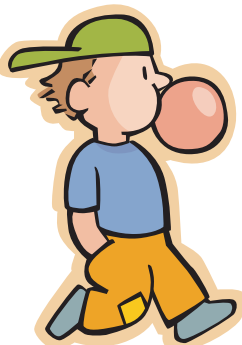
Babies & Toddlers

Ages 3 - 5 years

Ages 6 - 8 years

Ages 9 - 12 years

Teenagers



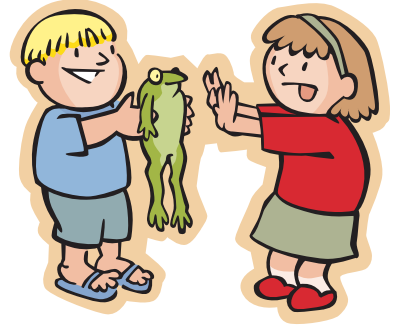
Trouble sleeping  
Afraid to leave parents  
Crankiness  
Slowing down in learning new skills

Blame selves for divorce  
Confusion  
Fear of abandonment  
Aggression, temper tantrums  
Return to security items  
Emotionally needy

Sadness  
Feeling abandoned and rejected  
Loyalty conflicts  
Sense of helplessness  
Hope parents reconcile  
Anger  
School performance may suffer

Deep anger  
Physical complaints  
Sense of loss  
Shame  
Resentment  
Fear of loneliness  
Divided loyalties

Feeling of betrayal  
Anger/Withdrawal  
Embarrassment  
Hard to concentrate  
Chronic fatigue  
May feel hurried to achieve independence  
May test parents' concern for them  
May align with one parent  
Money worries  
Worry about future relationships



Divorce is painful for kids. How children react depends on the circumstances surrounding the divorce and upon their age and temperament. Every child is different, just as every family is different. Parents can help their children cope with the divorce.

**PARENT'S ATTITUDE AND ACTIONS MAKE A BIG DIFFERENCE.**



## DEVELOPING A PARENTING PLAN

When parents decide to get a divorce, or to separate, one of the most important things that they should do is to develop a plan for how they will parent their children together after the divorce or separation. A parenting plan is an agreement about how the responsibilities and decision making of raising the children will be shared. Parenting plans can be informal agreements that parents develop through discussion by themselves or with friends or counselors. Sometimes parenting plans are written agreements reached by parents using mediators or parent counselors. Sometimes parents are unable to reach an agreement, and some elements of the plan, like custody and visitation may have to be court ordered by a judge.

The court encourages parents to work together as much as possible to develop a parenting plan and to settle the issues. You know your child's needs best. The court will make decisions only when you, as parents, are unable to agree. If you reach agreement on the sharing of your parental responsibilities, your plan will be approved by a judge (provided your agreement is in the best interest of your children) as a part of your decree. Your plan becomes a part of your custody and visitation orders.



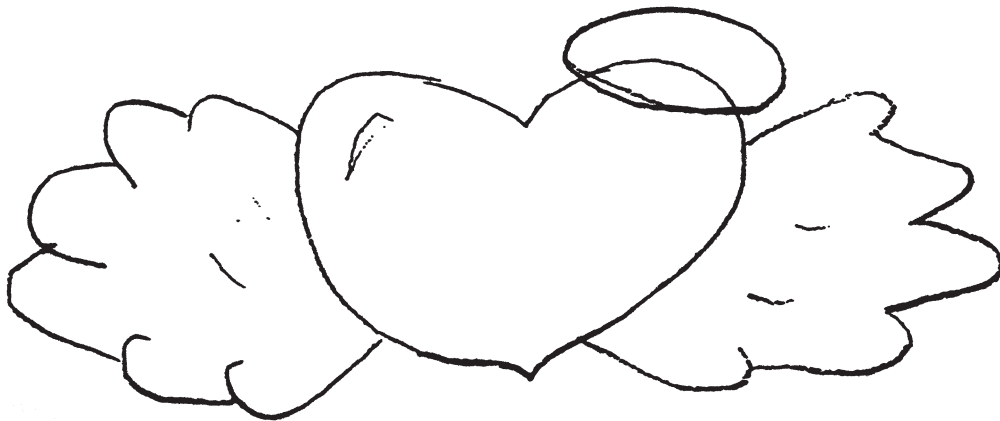
## LIST OF QUESTIONS

Here's a list of questions to consider in making a parenting plan. The best interests of your child and the reduction of stress in their lives should be your overriding concern:

- ◆ Until the children reach school age, who will care for them, and what will their schedule be?
- ◆ During the school year, where will the children stay on school days?
- ◆ During the school year, what will the children do on weekends and holidays?
- ◆ How will the children be cared for during the summer?
- ◆ Where will the children spend their holidays (Christmas / Winter Break, Thanksgiving, Easter / Spring Break, long holiday weekends, Mother's Day, Father's Day, Birthdays, other special occasions)?
- ◆ How will the exchange of the children (between mother and father) be handled?

To My loving parents

I just want to say I ♥ Love you both!





## LIST OF QUESTIONS



- ◆ How will the children and the parent who the children are not with communicate? (Telephone, letters, face to face?)
- ◆ What standards will be maintained in their daily routine (meals, sleeping, bath, homework, chores, diet, health, safety, television, discipline)?
- ◆ What other agreements do the parents need to make about behavior with the children? (Alcohol use, drug use, cigarette use, vocabulary, comments about the other parent)
- ◆ In case of an emergency involving the child, how will decisions be made?
- ◆ How will problems and changes in the children's schedule be handled?
- ◆ Who will be responsible for major decisions: education, religion, medical treatment in the child's life (legal custody of the child)? Legal custody can be given to one parent or to both parents jointly.
- ◆ Who will provide the child with his or her primary home, where will the children live most of the time (physical custody of the child)? Physical custody may be given to one parent or shared jointly where appropriate.

## HELP IN DEVELOPING A PARENTING PLAN

### Mediation:

- Neutral third party
- Not a decision maker
- Facilitates good communication

If you are not able to reach an agreement by yourselves, there are options available to assist you.

### **Mediation:**

The Mediation Center of the Pacific, a nonprofit community mediation center, provides a team of two neutral mediators who help parents reach agreements. Volunteer mediators do not make decisions or recommendations. There is a sliding scale fee, based on household income.

Private mediators on O'ahu are also an option to mediate parenting plans and other divorce issues. Private mediators charge hourly fees. Sometimes attorneys participate in the mediation sessions or consult with the mediator.

Mediators do not testify in court and all sessions are confidential.

### **Ho'okele Court Navigation Project (Family Court Service Center):**

Located in Ka'ahumanu Hale, 777 Punchbowl Street and the Kapolei Court Complex, 4675 Kapolei Parkway. Both are open Monday to Friday from 8:00 a.m. to 4:00 p.m. and closed on state holidays.

### **Access to Justice and Self Help Center:**

Volunteer attorneys provide **FREE** legal advice and legal information to self-represented litigants and help them navigate through court forms and processes. You must call to make an appointment 954-8290. Sessions are held on the first and third Thursdays each month between 11:30 a.m. and 1:30 p.m. at the Ronald T.Y. Moon Kapolei Courthouse.



## HELP IN DEVELOPING A PARENTING PLAN

### Parent Counselors:

- Trained counselors
- Facilitate and assist in developing good communication skills
- Does not make a recommendation to the court

### Guardians ad Litem

- Mental Health Professionals and Attorneys
- May help negotiate parenting plans
- Make a recommendation to the court

### Parent Counselor:

Parents may voluntarily or by court order meet with mental health practitioners (psychologists or clinical social workers) either separately or together to help formulate parenting plans. These professionals do not make recommendations to the court, only to the parents. They facilitate and assist parents to develop good communication skills. Parent counseling sessions are confidential and may be covered by medical insurance.

### Custody Investigation Unit:

Parents who financially qualify may be referred to the Family Court's Custody Investigation Unit via a Judge's order. After completing a family evaluation questionnaire, the CIU will schedule an interview with parents who will be given an opportunity to discuss their views on custody and visitation. The CIU may also interview children, other relevant people and conduct a home visit. Recommendations are made to the court in the best interest of the children.

### Custody Evaluator:

If parents do not financially qualify for the CIU, the Judge may assign a custody evaluator from the court-approved list. Both the parents share the costs. The C.E. will interview parents, children, teachers, physicians, friends and file recommendations to assist the court to make its custody and visitation rulings. The C.E. may also participate in settlement conferences and testify in court. Information gathered is not confidential.

### Volunteer Settlement Master:

If divorcing families ask for a trial, the Family Court will assign a free VSM unless there are restraining orders or domestic violence. The VSM is an experienced family law attorney selected and appointed by the Senior Family Court Judge. The VSM will meet with the parties and their attorneys for approximately three hours. The VSM will inform the court whether there was a meeting, who attended and whether the case settled. Because the process is confidential, the VSM will not testify or make a recommendation to the court.

## TRIAL

This little problem is  
hardly fun.  
Can't hardly wait for  
it all to be done.

All this fighting  
can be frustrating.  
The situation's infuriating.

Stop arguing over  
petty things  
the house, us kids-  
everything.

Who gets the house?  
Who gets the cars?  
Will our parents live close by or  
very far?

Can we still be a family  
(but a little changed)?  
This situation is  
getting strange.

Agree already.  
This is getting old.  
The assets are  
worth pennies;  
your children are gold.

If an agreement cannot be reached, the case will be set for further settlement conference, and for a pre-trial hearing and a trial date. Trials are very complex and almost always require the assistance of an attorney. Before the trial, the judge will make further efforts to get parents to reach a settlement on all issues. If this is not possible, the trial will take place. At the trial, the judge will listen to the testimony of both parents and other witnesses who have information about the parents' parenting skills and will give much consideration to the recommendations of the Custody Evaluator or CIU Evaluator. The judge will weigh the testimony to decide which custody and visitation arrangements will be in the best interests of the children. The judge's decision becomes the final order.





## WHAT CHILDREN NEED DURING DIVORCE



- ♥ To be able to like and love both parents, since they are both a part of the child.
- ♥ To be reassured that it's OK to like and love both parents.
- ♥ To love many people such as step-parents and relatives without feeling guilty or being made to feel disloyal.
- ♥ To have a regular daily and weekly routine, one that is not filled with unexpected changes, and when changes do occur, to be told about them.
- ♥ To spend time with both parents. Visitation is for the children. It is their right, not the right of their parents.
- ♥ To be allowed to express feelings of anger, sadness and fear.
- ♥ To not be caught in the middle of their parents' arguments, disputes, or disagreements.
- ♥ To not have to blame or choose sides between their parents.
- ♥ To not have to make adult decisions.
- ♥ To be told about the divorce.
- ♥ To be told how the divorce is not their fault.
- ♥ To have their questions about the divorce and about marriage and relationships answered honestly, and without hostility.
- ♥ To be helped to accept the reality of the divorce and not be given false hope of reunion.
- ♥ Parents who try to communicate peacefully with one another.
- ♥ Parents who express their love and commitment to the children to help them feel secure.



## CHILD SUPPORT



I love you so much from the bottom of my heart.

I am really happy that you guys are cooperating and communicating with each other. I think it is a good idea that you are separating because it will probably be better for us kids and the good thing is that I get to see you both and spend time with both of you equally.



Financial support for your children is an important part of the parent-child relationship. Hawai'i law requires both parents to support their children. The amount of your child support is based upon your individual income. The exact amount must be calculated using worksheets called the Child Support Guidelines. The worksheets and the instructions on how to complete them are available from Ho'okele (Family Court Service Center). Using these forms will produce a figure that is the amount of support that one parent pays to the other parent.

You are not allowed to agree on any payment for child support that would be less than the Child Support Guidelines amount. A minimum child support amount will be awarded even when the parent paying child support is not working. Child support will be deducted from the parent's income by the employer in most cases, pursuant to an Order for Income Assignment.

If a parent's income increases or decreases, that may justify changing the child support amount. If you have questions about child support or need help getting a child support order or changing an order, you should contact the Child Support Enforcement Agency (CSEA).



## FAMILY VIOLENCE

I feel happy about the divorce because I do not like when someone gets hurt or you have to call 911 and when something gets broken and when I have to hear them fight and when my mom screams.

Dear Friend,

My parents will divorce cause all of their arguments. Also sometimes my mom called the police and they came and talked to my dad.

Safety for children and parents must always be the first and overriding concern in any parenting plan. Violence within a family is always harmful to children, and it is inappropriate in all families. The legal definition of family violence is:

Attempting to cause or causing physical harm to another family or household member;

Placing a family or household member in fear of physical harm; or

Causing a family or household member to engage involuntarily in sexual activity by force, threat of force, or duress.

When it has been determined by a court that you were a victim of family violence by the other parent, and the court is being asked to decide who gets custody or visitation, Hawai'i law requires that you be awarded sole custody unless the violent parent proves that it would be in the best interest of the child for the violent parent to have joint or sole custody; and the violent parent must show that any visitation awarded to him or her will be safe for you and the child.

If you have been the victim of family violence, you should tell your lawyer, and anyone else who is helping you with your custody case. If you are afraid more violence may occur, you should contact the Domestic Violence Action Center.

**Please review the flyers attached to this handbook for essential information about resources and safety.**

Sometimes, because of the history of family violence and severe safety concerns or because a parent chooses to cease his or her parental relationship, a parent may have only limited access to the children. Children may feel rejected and tend to think that is because they are bad. Therefore, you have the task of helping the child to understand that they are lovable. One way of doing this is to encourage a child's relationships with other loving adults. Try not to make an issue of the absent parent's behavior. Children tend to think in absolute terms, and it is difficult for them to understand that parents, like all other people, have both good and bad qualities.



## TEN DO'S AND DON'TS

- DO** make a real commitment to your children to help them through this difficult process.
- DO** learn more about the divorce process and how it affects your kids.
- DO** get professional help if you need to from counselors, clergy, attorneys, or mental health professionals
- DON'T** take your personal battles with your spouse to your kids.
- DON'T** put your children in the middle. Do not ask them to take sides.
- DON'T** ask your children to be messengers or spies.
- DO** listen to your children, let them express their feelings freely, and spend time with them.
- DO** support your child's relationship with your spouse.
- DO** be a good role model for your children and remember their memory of how you handle this may remain with them forever, as a part of their family history and legacy.
- DO** understand you can hurt your children even though you don't mean to.

Nānā Mua I Nā Keiki

“Consider first the children”

## SUGGESTED READING for PARENTS



**Between Two Worlds: The Inner Lives of Children of Divorce**  
Elizabeth Marquardt [306.89 Ma]

**Blend: The Secret to Co-Parenting and Creating a Balanced Family**  
Mashonda Tifrere [306.89 Ma]

**Co-Parenting through Separation and Divorce: Putting your Children First**  
Jann Blackstone & David Hill [306.89 BL]

**Divorce Book for Parents**  
Vicki Lansky [301.428 L]

**Divorce with Decency**  
Bradley Coates [H306.89 C]

**The Good Divorce**  
Constance Ahrons [301.428 A]

**Good Parenting Through Your Divorce**  
Mary Ellen Hannibal [306.89 Ha]

**Loving your Children More than you Hate Each Other**  
Jeffrey Zimmerman [306.89 Be]

**Hawaii Divorce Manual**  
William C. Darrah (editor)  
Hawaii State Bar Association Family Law Section [H346.0166 Ha]

**Mom's House, Dad's House**  
Isolina Ricci [301.426 R]

**No-fight Divorce: Spend Less Money, Save Time and Avoid Conflict Using Mediation**  
Brette McWhorter Sember [346.0166 Se]

**The Truth about Children and Divorce: Dealing with the Emotions So You and Your Children Can Thrive**  
Robert E. Emery [306.89 Em]

**The World's Best Dad after Divorce: A Guide to Co-Parenting for Divorced Dads**  
Paul Mandelstein [306.8742 Ma]

**Using Divorce Mediation: Save your Money & Your Sanity**  
Katherine E. Stoner [306.89 St]

**Why Did You Have to Get a Divorce and When Can I Get a Hamster?**  
Anthony Wolf [649.1 Wo]

Mahalo to the *Edna Allyn Room for Children* at the **Hawai'i State Library** for the book suggestions. Check out your local library!

## SUGGESTED READING for KIDS

### **Dinosaurs Divorce**

Laurene Brown [301.428 B]

### **Divorce is the Worst**

Anastasia Higginbotham [306.89 Hi]

### **Divorced But Still My Parents**

Shirley Thomas [306.89 Th]

### **Do I have a Daddy? A Story about a Single Parent Child**

Jeanne Warren Lindsay [306.856 Li]

### **I Don't Want to Talk About It**

Jeanie Franz Ransom

### **It Wasn't My Fault**

Helen Lester

### **Living with Mom and Living with Dad**

Melanie Walsh

### **Mom and Dad Don't Live Together Anymore**

Kathy Stinson

### **Mom's House, Dad's House**

Isolina Ricci [306.89 Ri]

### **Volcano in my Tummy: helping children to handle anger**

Warwick Pudney [155.41247 Pu]



## SUGGESTED READING for TEENS

### **Divorce & Stepfamilies**

Rosie Peterman [306.89 Pe]

### **My Parents are Divorcing. Now What?**

Paula Morrow [306.89 Mo]



## VIDEO:

### **Purple Family**

DVD

Mahalo to the *Edna Allyn Room for Children* at the **Hawai'i State Library** for the book suggestions. Check out your local library!

# RESOURCE LIST

## PARENT EDUCATION & SUPPORT

<b>Aloha United Way 211</b> .....	211
<b>Big Brothers/Big Sisters</b> (Mentoring relationships for children of single-parents) .....	521-3811
<b>Catholic Charities Family Services</b> .....	521-4357
<b>Parents and Children Together (P.A.C.T.)</b> .....	847-3285
<b>Hawai'i Counseling &amp; Education Center</b> .....	254-6484
<b>Head Start</b> (For low income families, parent education/ child development: 3 to under 5 yrs old)	
O'ahu .....	847-2400
Kalihi .....	842-5996
<b>Ho'okele</b> (Family Court Service Center)	
Honolulu .....	539-4767
Kapolei .....	954-8290
<b>Kaiser Permanente - Behavioral Health Service</b> (For Kaiser members, offers counseling) ..	432-7600
<b>Kokua Kalihi Valley</b> (Comprehensive family services) .....	983-6800
<b>P.A.C.T. Early Head Start</b> (Offers early childhood education [0-3 years old] & supervised visits in a safe setting) .....	842-5996
<b>P.A.R.E.N.T.S.</b> (Parent education groups) .....	235-0255
<b>P.A.T.C.H. - People Attentive to Children</b> (Provides child care referrals) .....	839-1988
<b>Salvation Army Family Treatment Services</b> (Family counseling, parenting women) .....	732-2802
<b>Samaritan Counseling Center Hawai'i</b> .....	545-2740
<b>Child &amp; Family Service</b> Multidisciplinary Therapy .....	596-8433
<b>The Parent Line</b> (Support line) .....	526-1222

## DOMESTIC VIOLENCE

<b>ACCESS/Assessment</b> (24-Hour Suicide/Crisis Hotline) .....	832-3100
<b>Child &amp; Family Service</b> (Adult Domestic Violence) .....	841-0822
<b>Domestic Violence Action Center</b> .....	531-3771
<b>Domestic Violence Shelters</b> (Open 24 hrs)	
CFS .....	841-0822
PACT .....	526-2200
Military Referral Hotline .....	1-800-342-9647
<b>PACT Family Peace Center</b> (Intervention & support groups) .....	832-0855
<b>Family Visitation Center</b> .....	847-0015
<b>Hawai'i Counseling &amp; Education Center</b> (Anger management courses) .....	254-6484
<b>Prosecutor's Office</b> (Victim/Witness Assistance) .....	768-7401
<b>Pu'uhoonua</b> (Domestic Violence Crisis Counseling Line) (24-Hours) .....	526-2200
<b>Temporary Restraining Orders</b> (Family Court) Honolulu .....	538-5959
(Family Court) Kapolei .....	954-8090

## SUBSTANCE ABUSE

<b>Alcoholics Anonymous</b> .....	946-1438
<b>Ku Aloha Ola Mau</b> .....	538-0704
<b>Hina Mauka</b> (Rehabilitation) .....	236-2600
<b>Narcotics Anonymous</b> .....	734-4357
<b>Wai'anae Coast Comprehensive Health Center</b> (Substance abuse outpatient treatment)	
Malama Recovery Services .....	668-2277

## LEGAL REFERRAL SERVICES

<b>Lawyer Referral &amp; Information</b> .....	537-9140
<b>Legal Aid Society</b> .....	536-4302
<b>Hawai'i Immigrant Justice Center</b> .....	536-4302
<b>at Legal Aid</b> (For immigrants only) .....	536-8826
Toll Free .....	1-877-208-8828



## CHILD CUSTODY DEFINITIONS

In Hawai'i, parents have two kinds of custody over their children: legal custody and physical custody. For each type of custody, the judgment/order may state either joint or sole custody.

**Legal custody:** designates which parent has the authority to make major decisions on behalf of the child, such as: religion, education, health, driver's license, marriage while a minor, military, etc.

- **Sole legal custody** means one parent has the right to make these major decisions by him or herself. The exception is moving away from the island, as it may affect the visitation rights of the non-custodial parent.
- **Joint legal custody** means that the parents will make these major decisions together.

**Physical custody:** means where the child will live.

- **Sole physical custody** means that the child will live with one parent the majority of the time.
- **Joint physical custody** means the child will live approximately half the time with each parent.
- **Split custody** means that siblings will live with different parents. For example, the mother may get physical custody of the daughter, and the father may get physical custody of the son.

**Visitation:** access to child by non-residential parent

- reasonable visitation will be given to the parent who does not live with the child, if the home is safe
- supervised visitation: history of family violence, abuse or neglect, use of drugs/alcohol
- if parent is dangerous to child, can be ordered to drug treatment, anger management classes, parenting classes
- no visitation: extreme physical/sexual abuse
- if parents cannot agree on amount of visitation, Judge will order specific hours and days

## Parenting Promises

- A relationship with a child is a long-term commitment requiring consistency and putting kid's needs as a priority
- Accept your kids for who they are: temperament, age, and developmental stage
- Listen to how kids and the other parent feel so they know they matter (you do not have to agree with them)
- Accept you cannot make the other parent be the kind of parent you want them to be and focus on being the best parent you can be
- Cooperate with each other as parents: allow smooth transitions, no bad mouthing the other, allow visitation with extended families, learn to problem solve together
- Be realistic about the kind of parent you can be and get help if you have an anger, violence, or substance abuse problem
- Allow kids to love both parents and do not try to replace the other parent with new partner
- Agree upon a joint Parenting Plan and get help to do so if needed (counseling, mediation)

# LONG DISTANCE PARENTING

**WEEKLY** communication is vital to maintain emotional connection:



## TELEPHONE

- arrange day & time convenient for child to talk
- let your child use your cell phone or home phone to talk to other parent

## MAIL

- postcards, letters (envelopes in their favorite color)
- send: special stamps, stationery, stickers, address labels
- gifts: child's birthday, graduation, Christmas, audio cards and audio books
- holiday cards: Valentines, St. Patrick's, Easter, Halloween
- photos of your home, office, pets, trip, relatives, friends
- calendar with visits clearly indicated
- school supplies: pens, markers, folders
- magazine subscription



## INTERNET

- email, video conference (eg. Zoom or other platforms), online gaming
- social media, Facetime, instant messaging



## SHARE INFORMATION

- child's favorite TV show or movie
- scrapbook or photo album
- live broadcasts of sports events; favorite team souvenirs
- ask school to mail: newsletter, report cards
- talk about current events in child's city



# KIDS FIRST

**Kapolei Court Complex**  
 4675 Kapolei Parkway  
 Kapolei, Hawai'i 96707  
 Telephone: (808) 954-8280  
 Fax: (808) 954-8285

## KIDS FIRST PRESENTERS

NAME	ADDRESS	TELEPHONE
Ching, June W.J., Ph.D.	Pacific Business News Building 1833 Kalākaua Avenue, Suite 800 Honolulu, Hawai'i 96815	949-9502 bus
Hashimoto, Scott, Psy.D.	1188 Bishop Street, Suite 3005 Honolulu, Hawai'i 96813	535-7711 bus
Higa Rogers, Barbara, Psy.D.	1188 Bishop Street, Suite 1607 Honolulu, Hawai'i 96813	392-3097 bus
Pedro, Keith, Psy.D.	Pacific Business News Building 1833 Kalākaua Avenue, Suite 206 Honolulu, Hawai'i 96815	382-2049 bus
Salvador, Darryl S., Psy.D.	U.S. Army Health Clinic — Schofield Barracks Primary Care Medical Home Bldg. 682 (F), Red Team	433-8126 bus 433-8155 alt
Wong, Kay, Ph.D.	1600 Kapi'olani Blvd., Suite 620 Honolulu, Hawai'i 96814 Wahiawā, Hawai'i 96786	949-8001 bus

## COMPARING MEDIATION AND LITIGATION

PROCESS	MEDIATION	LITIGATION
Who decides?	Parents	Judge
Who controls?	Parents	Court/Attorneys
Procedure	Informal	Formal and rules of court
Time to schedule meeting or hearing	Few weeks	Months or years to complete
Cost	Low	Very High
Rules of evidence	None	Complex
Publicity	Private	Public
Relationship of parents	Cooperative	Hostile opponent
Focus	Future	Past
Method of Negotiation	Agreement	Hard bargaining
Communication	Improved	Blocked
Result	Win/Win	Win/Lose or Lose/Lose
Compliance	Honored	Resisted, continue to return to court

Mediate, Don't Litigate

Nolo Press, by Peter Lovenheim (2004)



# **The Mediation Center of the Pacific**

## **Divorce/Paternity Mediation**

Are you looking to contain the cost of your divorce proceeding and have more control over the outcome of your divorce? If yes, then the Mediation Center of the Pacific may be right for you.

To download the Family Court's divorce forms, visit the Hawaii State Judiciary website.

### **HOW MUCH DOES IT COST?**

The Mediation Center of the Pacific charges an administrative fee on a sliding scale based on income. Mediation is a 3-hour process and the fee will be assigned to each party when they open a case. The administration fee is charged for each 3-hour mediation session. The Mediation Center of the Pacific is a non-profit community dispute resolution center funded by the Hawaii State Judiciary, Aloha United Way, other State contracts, charitable foundations, and private donations.

### **WHAT KIND OF DIVORCE ISSUES ARE HANDLED?**

- Claims involving children ("visitation" or "custody") such as: how much time the children spend with each parent; how holidays, vacations, and special days will be shared; how transportation will be handled; and how to deal with schedule changes.
- Claims about property such as whether the house will be kept or sold; who will live in the house if it is not sold, or until the sale, how to divide or sell personal belongings and how debts incurred during the marriage will be handled.
- Claims about major decisions for the children such as: schooling, extracurricular activities, medical care and religious training.
- Other claims which concern or arise from the family relationship.

### **HOW SOON CAN I SCHEDULE AN APPOINTMENT?**

Call the Mediation Center of the Pacific's Client Services Department at 521-6767. Generally, the first mediation session is scheduled within two weeks. However, if you have an upcoming court date, the Client Services Department will strive to schedule the session sooner.

### **WHEN CAN I MEDIATE?**

Mediation sessions are scheduled on Monday through Friday during the morning or afternoon, as well as on Saturday morning. Mediation sessions typically last about 3 hours.

## **HOW DOES IT WORK?**

The parties will meet with a team of two co-mediators – a male and a female. Everything said in the mediation session is confidential. If the parties come to an agreement, it is written up in plain language and parties can have it reviewed by their attorneys before signing. If the parties don't have an attorney, the agreement can be filed at Family Court.

## **HOW DO I START THE MEDIATION PROCESS?**

Call the Mediation Center of the Pacific at 521-6767 and ask for the Client Services Department.

Be prepared to describe the issues you want to talk about and to provide the name and contact phone number of the other parent. The Client Services Department staff will then contact them and ask if they would be willing to come to the Mediation Center for mediation. If both of you agree to mediate, then a mutually agreeable date and time will be scheduled for your mediation session.

## **WHAT IS MEDIATION?**

Mediation is a way for former couples to talk together and work through co-parenting issues with the help of a neutral third party, the mediator. It allows people to work out their own agreements to present to the court rather than waiting for a judge to decide everything at trial.

Mediators do not “take sides,” issue decisions, or promote solutions. Instead, they work with the parties to establish communication and allow the parties themselves to come up with their own ideas, plans, solutions and arrangements for themselves and their children.

Mediation is not counseling. Mediators will not offer legal advice or tell parties what to do in any way. Mediation is often useful even if you have an attorney representing you in your divorce case. In fact, many family law attorneys recommend mediation to their clients and refer them to the Mediation Center.

## **WHAT ARE THE OUTCOMES OF MEDIATION?**

Most parties who decide to mediate are able to come to an agreement on at least some or all of their issues. Also, many people believe that mediation works better than the court system in helping parents feel better about each other, and enables them to communicate more effectively, and to work together in the future on issues concerning their children.

© 2022 The Mediation Center of the Pacific.

## WHAT IS DOMESTIC VIOLENCE?

Domestic violence occurs when one intimate partner (spouse, ex-spouse, dating or ex-dating partner) uses threats, domination, or coercion to maintain control over their partner. Abuse may occur physically, sexually, or psychologically. Sometimes weapons are used. Sometimes property is damaged. Threatening physical harm is also domestic violence.

**Calling the police.** If you call the police during a violent episode, they must respond and investigate your complaint.

Provide the police with as much information as you can. Your partner can be arrested for physically hurting you, threatening harm, and damaging your property.

*Police may order your partner to leave the premises for 24 hours, or longer on the weekends.*

- **Domestic violence hurts everyone.** Children may be harmed while trying to protect either parent. Seeing and hearing domestic violence has lasting effects on children.
- **Domestic violence is against the law in Hawai'i.** No one has the right to physically, sexually or psychologically abuse you. ***You never deserve to be hit or abused.***
- **You cannot control the violence.** The abuser must admit the problem and seek help.

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### Getting a Temporary Restraining Order (TRO)

**If you believe you have been or might become a victim of domestic violence, you may ask the court for a Temporary Restraining Order.**

You do not need an attorney to get a TRO. Call the Adult Services Branch of Family Court (538-5959) to make an appointment. You will meet with a court officer who will help you fill out the necessary paperwork. Be prepared to explain why you are afraid.

---

#### EMERGENCY HELP

Police..... 911

#### FAMILY COURT

Temporary Restraining Order ..... 954-8090  
..... 538-5959  
Shelter (Honolulu & Leeward) ..... 841-0822  
Ohia Shelter (Windward) ..... 526-2200  
Sex Abuse Hotline ..... 524-7273

#### LEGAL HELP

Domestic Violence Action Helpline ..... 531-3771  
Statewide ..... 531-3771  
Legal Aid Society of Hawai'i ..... 536-4302  
Military Services  
Legal services at your base ..... 449-7110  
Victim/Witness Assistance ..... 768-7401

#### COUNSELING AND SUPPORT

Catholic Charities ..... 527-4470  
Developing Options to Violence ..... 532-5100  
Family Peace Center ..... 832-0855  
Family Visitation Center ..... 847-0015  
Pu'uhoonua Domestic Violence  
Crisis Line ..... 526-3771

#### OTHER ASSISTANCE

Hawai'i Food Bank ..... 836-3600  
Aloha United Way ..... 211  
Bi-lingual Access Line ..... 526-9724

**You Are Not  
Alone**

# Power and Control Wheel



**POWER AND CONTROL WHEEL**  
Developed by Duluth Minnesota

# YOU NEED TO KNOW...

## ARE YOU A BATTERER?

- Do you lose your temper often?
- Do you criticize or belittle your partner a lot?
- Are you the jealous type?
- Did your father abuse you or your mother?
- Have you threatened to hurt your partner?
- Did you demand sex from your partner?
- Have you pushed, grabbed or shoved your partner?
- Have you hurt family pets?
- Are you jealous when your partner has fun with family and friends?
- Do you use force to get your own way?

Yes answers suggest you are battering your partner:  
Batterers use violence and other abuse to control their partners.

## HURTING YOUR PARTNER IS AGAINST THE LAW.

Domestic violence is against the law in Hawai'i. It is illegal for you to hurt your partner physically or to force your partner to have sex. It is also illegal for you to threaten your partner or to destroy property.

If you break the law...

- you can be arrested
- you have to post bail
- you have to get an attorney
- you have to go to court
- you may have to serve time in jail
- you may have to attend counseling
- you may be put on probation

## YOU ARE RESPONSIBLE FOR YOUR VIOLENCE.

It is hard for batterers to believe they have a problem. They say things like...

- "I just lost control."
- "My partner pushed me too far."
- "I was only defending myself."
- "My partner is the one who has a problem."

Most often batterers blame someone or something else for their behavior. They may think stress, money problems, anger, jealousy, alcohol and drugs cause them to be violent. Alcohol and drugs don't cause violence, but they can make it worse.

You need to know that no one else causes you to be abusive. You may believe that if your partner did not upset you, your violence would stop. But you are responsible for controlling your violence.

You cannot blame someone else for your actions.

## YOU HAVE CHOICES.

You can choose to seek help. You can choose to change.

When you are violent, you teach your children to use violence. When you are violent your partner feels afraid, angry, helpless, trapped. Physical injuries and emotional abuse make your partner want to leave. No one wants to live with fear and abuse.

Do you want your partner to leave you?

## YOU ARE NOT ALONE.

You may have learned to use violence in your family—growing up, and you may not know how to solve problems any other way. Without help, it will be very difficult for you to change.

Marriage counseling will not work while you are still violent. You need a special program designed to help you stop the violence and abuse.

With the help of professionals who understand domestic violence, you can learn why you try to control your partner and you can learn new ways to live peacefully with your family. But first...

You must admit you have a problem. Only you can stop the violence.

The choice is yours.

## WHO TO CALL.

Remember, violence and substance abuse are two separate problems.

## VIOLENCE CONTROL PROGRAMS

Developing Options to Violence, 532-5100  
Family Peace Center, 832-0855

## SUBSTANCE ABUSE PROGRAMS

Alcohol Rehabilitation Services of Hawai'i, Inc. d/b/a  
Hina Mauka, 236-2600  
Salvation Army Addition Treatment Services, 595-6371  
Veteran's Administration Substance Abuse  
Program, 433-0600

## DOMESTIC VIOLENCE ACTION CENTER

P.O. Box 3198  
Honolulu, Hawai'i 96801-3198

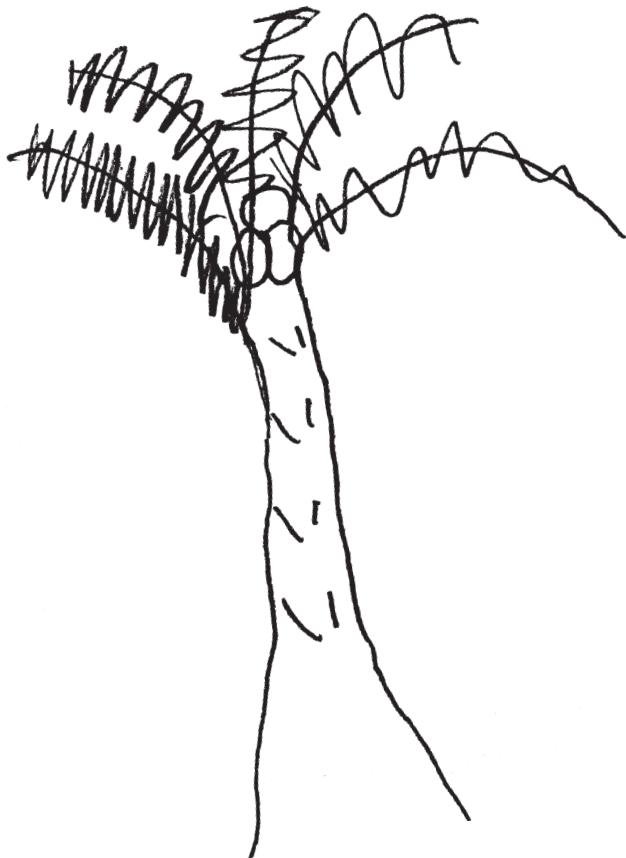
Legal Helpline: 531-3771  
Toll-Free Neighbor Island Helpline: 1-800-690-6200  
Business Office and Administration: 534-0040  
Fax: 531-7228  
Text: (605) 956-5680



Letter to my parents:

Dear Mom and Dad We watch  
a movie called The Purple  
family it was kind of  
funny They were arguing  
about witch color is  
better blue or red but  
they settled it. That was  
a good thing

I had fun coming  
to the court family





## Kids Hurt Too Hawaii

## Quick Reference Guide

### Peer Support Groups

Who: Children, teens and family members who have been separated from one or both of their parents.

Where: KHTH office at: 245 N. Kukui St. Ste. 203 Honolulu, HI 96817.

When: 1-2 times each month, held Monday through Thursday evenings from 6-8pm. There are 7 different groups.

Contact our Program Director for more information: 808-545-5683.

### Mentoring Activities

Who: Children, youth and caregivers in KHTH Healing Young Hearts, Restoring Hope, and HI Rising programs.

Where: At KHTH and various locations throughout Oahu.

When: A wide variety of fun and educational mentoring activities are offered monthly.

Contact our Program Director for more information: 808-545-5683.

### HI Rising Workforce Development

Who: Eligible youth 16-24 years old who are or were in foster care, youth in our Restoring Hope Program, and alumni of our Healing Young Hearts Program.

Where: KHTH office at: 245 N. Kukui St. Ste. 203 Honolulu, HI 96817.

Contact our Program Director for more information: 808-545-5683.

### Case Management

Who: Any family member who has been exposed to crime.

Where: KHTH's office, families homes, and in the community.

When: As needed as part of our Restoring Hope Program.

Contact our Case Manager for more information: 808-545-5683

### Facts about KHTH

- All services are FREE to children and families.
- KHTH provides therapeutic support services, not therapy.
- Children's grief is not always visible; they *PLAY* it out!
- Grief needs support to limit long-term negative effects.

**Grief is a natural and healthy process.**

### About HI Rising

What: HI Rising is a social enterprise work training project that provides students education and experience in a retail setting.

Where: HI Rising Boutique at: 245 N. Kukui St. Ste. 102 Honolulu, HI 96817.

When: The HI Rising Boutique is open M-F, 10:30am-4:00pm.

"[KHTH] has given me resources/tools to better understand and help my kids. And it has let me know/feel that I'm not alone." ~ Caregiver

"Just having a group for kids and parents to attend twice a month is a stress relief." ~ Caregiver



Kids Hurt Too Hawaii  
Healing Young Hearts

Website:

[KidsHurtToo.org](http://KidsHurtToo.org)



Find us on:  
**facebook®**

Kids Hurt Too Hawaii



Follow us on  
**Instagram**

@kidshurttoohawaii

# Is your family grieving? We can help!

See examples below.

“I think [KHTH] has helped him being able to freely talk about our loss. He has done better in behavior at school and home.” ~ Caregiver

## Separated/Divorced

KHTH offers **peer support groups** for children and youth 3 and up, whose parents are separated or divorced.

A caregiver is expected to attend groups with their children, and participate in the parents' group.

The non-custodial parent is allowed to bring the children if the parent with legal guardianship provides permission for their children to attend.

## Incarceration

KHTH offers **peer support groups** for the children 3 and up, and their caregivers.

If the family has been exposed to crime, they may qualify for additional services including case management.

These support groups may be available to you no matter who in the family was incarcerated, parent or child. Call for info.

## Military Deployment

KHTH offers **peer support groups** for children, youth, and caregivers who are suffering the temporary separation experienced when a parent is deployed.

## Deportation

KHTH offers peer support groups for children, youth, and their caregivers for when a parent or family member is deported. We are prepared to assist ESL families.

## Death of a Caregiver or Sibling

KHTH offers **peer support groups** for children and youth 3 and up, who lost a parent or sibling due to death. Groups are based on the way the loved one died. We currently offer 4 different groups dealing with death.

## Foster Care, Kinship Care, and Adoption

KHTH offers **peer support groups** for children in out-of-home placement, and their caregivers. KHTH works with foster parents, kinship providers, adoptive parents, and biological parents. KHTH recognizes families can be complicated and it truly takes a village to raise a child.

Eligible youth and young adults, 16-24 years old, may apply to HI Rising, which is a **workforce development training** project of KHTH.

Case Management services are available for those who have been exposed to crime.

## Complex Family Dynamics

KHTH understands complex family dynamics. Depending on the situation, we are able to help children, youth, and their caregivers with loss, and address common barriers to accepting support.

- Parents who are difficult to contact
- Homeless individuals
- Exposure to crime/violence
- Transportation difficulties

Contact KHTH to discuss creative ways to provide support for your children and youth.

## Staff Development Opportunities

KHTH provides several levels of training on grief and trauma experienced by children, youth and adults. *(Training may include a fee for service.)*

## We want you to know...

All who grieve are welcome at Kids Hurt Too Hawaii.

## Student/Faculty Death

KHTH can assist the school and families with **crisis management** following the initial crisis of homicide, suicide, accident or disaster.



Kids Hurt Too Hawaii

245 N. Kukui St. Ste. 203  
Honolulu, HI 96817

## Children Are Affected By Domestic Violence

Witnessing violence can include seeing the violence, being used as part of it, hearing violent events, and/or experiencing its aftermath. Children who witness violence report physical, social, and psychological symptoms as a result of their experiences including:

- ✓ Intense anger, sadness, confusion and guilt
- ✓ Attention problems and delinquency
- ✓ Depression and withdrawal
- ✓ Physical symptoms
- ✓ Lower academic abilities
- ✓ Aggression
- ✓ Low self-esteem

Support groups can reduce the isolation and negative effects of violence. Groups can also change children's self-esteem, attitudes about violence, and practical skills in emergencies. Parent support groups provide valuable information about ways to parent a traumatized child.

Child & Family Service  
*Making the Future Brighter  
For Hawaii's Families since 1899*

Child & Family Service (CFS) is Hawaii's most comprehensive, private human service organization with programs on Oahu, Kauai, Maui, Lanai, Molokai, and Hawaii.

Sensitive to Hawaii's cultural diversity, our professional staff provides services to individuals and families regardless of sex, ethnic background, age, or the ability to pay. Established in 1899, CFS offers quality programs for children, teens, families, adults, employees, and the elderly.

### Our Mission

Child and Family Service is Hawaii's leader in non-government social and human services and advocacy, for children and families in need, with the primary purpose of strengthening families and fostering the healthy development of children.

### Affiliations

Child Welfare  
League of America

Aloha United Way

Hawaii Island  
United Way



Maui United Way  
Kauai United Way

**CHILD & FAMILY SERVICE**  
**Developing Options to Violence**  
**808 532-5100**

# Developing Options to Violence

**Children's Services**  
Education and Support for Children  
Affected by Domestic Violence



*Making the Future Brighter  
for Hawaii's Families*

## Developing Options to Violence (DOV) Children's Program

The DOV Children's Program is a Child and Family Service program providing education and support services to children who have been affected by domestic violence. The program is funded by the Judiciary, State of Hawaii, and program fees. Services include children's support groups, parenting education groups, and referral to appropriate community resources.

### Program Components

- ❖ The DOV Children's program provides group-based support for parents and children survivors of domestic violence.
- ❖ DOV groups use a variety of educational and play activities to help children and adolescents from ages 4 to 17 years old express their feelings and learn about domestic violence.
- ❖ Children referred to the program benefit from short-term services that support their efforts to identify and cope with their feelings, understand domestic violence, develop safety skills, and care for themselves.
- ❖ Concurrent parenting support groups provide information about the effects of violence on children and ways to parent a traumatized child.

### REFERRAL PROCEDURES

Those who are interested in services will be asked to provide the following information:

- Name of parents, names and ages of children, and custody/visitation information.
- Current domestic violence situation and prior domestic violence counseling.
- Children's behavior and any special needs (educational, medical).
- Parenting stress.

An intake appointment will be scheduled for the DOV staff to meet with the children and parent to assess current needs, provide information about services, and make appropriate community referrals. Following the intake, you will be invited to participate in ongoing group sessions.

Children's Group Topics Include:

- ✓ Labeling Feelings
- ✓ Coping with Anger
- ✓ Identifying Abuse
- ✓ Understanding Domestic Violence
- ✓ Safety Skills
- ✓ Social Support
- ✓ Grief/Separation/Divorce Issues
- ✓ Taking Care of Yourself

### Parenting Group Topics Include:

- ✓ Effects of Violence on Children
- ✓ Child Development
- ✓ Encouraging Positive Behavior
- ✓ Managing Misbehavior

Groups meet for 1 1/2 hours, once a week for ten weeks. Program fees are based on a sliding scale.

### OFFICE HOURS

*Monday thru Thursday*  
8:30a.m. - 6:00p.m.

*Friday*  
8:30a.m. - 12:30p.m.

DOV also provides the following services. Please call 532-5100 for more information.

- **Violence Control**
- **Domestic Violence Support Groups**
- **Domestic Violence Intervention Groups**

In an emergency call:

The Domestic Violence Crisis Hotline  
841-0822



### Mission Statement:

The mission of Parents And Children Together is to promote and support healthy individuals, families and communities by creating opportunities for them to identify and address their own strengths, needs and concerns and successfully realize their potential.



### Administrative Office:

1485 Linapuni Street, Suite 105  
Honolulu, HI 96819

Phone: 847-3285  
Fax: 841-1485

### Office Hours:

Monday through Friday  
8:00 a.m. to 4:30 p.m.

Web site: [www.pacthawaii.org](http://www.pacthawaii.org)



Please visit us on Facebook at  
[www.facebook.com/pacthawaii](http://www.facebook.com/pacthawaii)

Photography by Marco Garcia

**PACT** Parents And Children Together  
A Family Service Agency  
1485 Linapuni St., Suite 105  
Honolulu, HI 96819

# PACT

PARENTS AND CHILDREN TOGETHER

FOR INFORMATION CALL PACT | 808.847.3285  
[www.pacthawaii.org](http://www.pacthawaii.org)



Parents And Children Together (PACT) is one of Hawaii's leading private not-for-profit family service agencies and is a leader in the design and delivery of a broad range of innovative social and educational services. PACT is an active partner with numerous community efforts, coalitions, initiatives, schools and other providers, and is a prominent advocate for the needs of Hawaii's most-challenged citizens.

Since 1968, PACT has provided community-based services, starting at Kuhio Park Terrace and growing into a multi-faceted organization with 15 programs and over 340 employees on Oahu, Kauai, Maui, Molokai, Lanai and the Island of Hawaii. PACT receives funding from a variety of county, state, and federal sources, as well as individuals, corporations, foundations, and community organizations, including Aloha United Way (AUW). PACT is fully accredited by the Council on Accreditation (COA) and is a member of the Better Business Bureau.

## PACT's programs are as follows:

### EARLY CHILDHOOD EDUCATION

**Early Head Start and Head Start Programs**, federally-funded initiatives, provide early childhood education and related comprehensive services for low-income parents and children with special needs. **Early Head Start** provides services in centers and in homes to prenatal parents and parents with infants and toddlers; parents participate in classrooms and parenting and adult education classes at Kuhio Park Terrace, and in Honolulu, Windward and West Oahu. **Head Start** serves children ages three through five and their parents to provide a head start for school success. The Kallhi-based and Hawaii Island program offers early education classes, parent involvement, and health and social services.

### CHILD ABUSE & NEGLECT PREVENTION & TREATMENT

**Enhanced Hana Like** works to prevent abuse or re-abuse of children by strengthening families "at-risk." Families are referred to the program from Child Welfare Services or Voluntary Case Management programs. Home Visitors work closely with parents of children birth to three years old to address risk factors, promote optimal child development, provide parenting education, emotional support, and links to resources. The team also includes a therapist to provide short-term counseling and referral, as well as a registered nurse to address health concerns through evaluation, education, and referral. The team works closely with the referring agency and with other community agencies providing services to the family. Services are provided at no charge.

**Uluopono Family Strengthening Program** works to prevent child abuse and neglect by strengthening families "at-risk." Family Support Specialists on Maui and Oahu work with parents/caregivers of children ages birth to 17 years old

to provide parenting education, promote child health, development, and safety, offer emotional support, and link families to resources in their community. Families are referred to the program by Child Welfare Services or by Voluntary Case Management programs. Families receive short-term home visiting services. These services are voluntary and provided at no charge.

**Mikiala Early Screening Program** is a collaborative effort to provide early developmental screening to 3 and 4 year olds living within the Farrington High School Complex. Screenings include hearing, speech and physical development. Also included is a proactive marketing campaign designed to increase parent/community awareness of the critical link between early health screening and school success. Services are provided free of charge. The UH Center on Disability Studies is the primary investigator for the evaluation of program outcomes

**Hoohui Visitation Centers** in Waipahu and Waianae provide supervised visits between parents and children who are actively involved with Child Welfare Services (CWS). The goal of the program is to increase the likelihood of successful family re-unification through supportive parenting strategies and supervised visitation.

**Lanai Integrated Support Services** is a comprehensive program for child abuse and neglect prevention and intervention through foster care and permanency placement support. Services include outreach, parenting skills training, counseling, support, referral, supervised visitation, support for foster care placement and adoptive parents. Families at-risk of involvement, or currently involved, with the Child Welfare Services are eligible for services.

### DOMESTIC VIOLENCE PREVENTION & TREATMENT

**Family Peace Centers** promote family peace by teaching non-violent skills to assure victim safety, offender accountability, and to break family cycles of violence. The program emphasizes partnership, equality, and respect among and between all family members. Violence and intervention groups for offenders are provided on Oahu, Maui and Lanai. On Oahu there are support groups for victims/survivors; support for children who have witnessed domestic violence; and parenting skill-building groups. The Maui Family Peace Center also provides groups for offenders with co-occurring substance abuse, survivor services, group intervention for Teen offenders and TRO services.

**Family Visitation Centers** provide a safe and neutral setting for children to visit with their non-custodial parents, or to transition from one parent to the other. Families experiencing separation, divorce, or family violence are served on Oahu.

**Ohia Domestic Violence Shelter** offers a safe and confidential facility for women and their children who can no longer remain in their homes because of danger from domestic violence. Crisis response is available 24/7. Trained staff assists women with safety and future life-planning, and make referrals for housing, legal, medical needs, and recovery support services for those with substance abusing behaviors.

**Lahua Transition House** offers transitional housing for up to 1 year to domestic violence victims/survivors who do not have children and are in job training, schooling, or are returning to work. Trained staff assist women with the location of permanent housing in the community.

### MENTAL HEALTH SUPPORT

**The Intensive Support Services Program (ISSP)** provides two evidence based therapies to assist families and their young adult children who have serious emotional, social and behavioral challenges. All referrals are made to the ISSP by the Family Guidance Centers of the Department of Health. **Multisystemic Therapy (MST)** is a 24 hour, 7 days a week social ecology model designed to strengthen the skills of those within the child's ecology, e.g. parents, school personnel, friends, neighbors, etc. MST services are available on Oahu, Kauai, Maui and Molokai. **Functional Family Therapy (FFT)** operates M-F during regular office hours. FFT is a family treatment systems model. Services are provided in the home, in a center-based setting, or in a combination of both. FFT services are available on Oahu and Kauai.

### COMMUNITY BUILDING AND ECONOMIC DEVELOPMENT

**Family Centers** provide an array of family skill building and child abuse and neglect prevention services within the Kuhio Park Terrace/Kuhio Homes and Kaneohe communities. The **KPT Family Center** offers opportunities to prevent homelessness, promote literacy and English language skills, and build employment skills through its **Community Technology Center**. The **Kaneohe Community Family Center** offers afterschool programs and substance abuse prevention programs. Both Centers offer information and referral, and house the **Parent Information Resource Center** that provides information to enhance efforts among parents, schools, and the community to work together to improve educational outcomes for children with special focus on families from the Outer Pacific Islands, e.g. Chuuk, Marshalls, etc.

**Economic Development Center (EDC)** is designed to strengthen an individual's ability to secure and keep employment or to start and maintain a small business. Participants with low-moderate income who lack workplace and business skills can access services that include a personal vocational assessment, basic financial literacy, budget planning, resume development, job placement and follow up, small business training and start-up. Participants can start creating assets through the **Individual Development Account (IDA) program**, which matches participant's savings for business equity or education. EDC services are available on Oahu and Hawaii.

**Community Teen Centers** is a comprehensive youth service center for youth ages 7-18 who live in and around Honolulu's largest public housing complex, Kuhio Park Terrace and Kuhio Homes, Dole Middle School and in Puuwaia Momi, a low-income housing project in Halawa. These afterschool programs promote the development of healthy youth, families, and community with an abundance of activities and experiences including educational, recreational, community building, case coordination, support services, family strengthening activities. Through the Lawakua Educational Foundation, teens are also provided scholarships for a variety of educational opportunities, e.g. private schools, tutoring, piano lessons etc.







## VISION

A Society with Equal Access to Justice



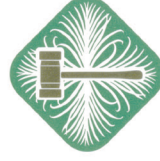
## MISSION

To help people and groups achieve equal access to justice by:

- Providing pro bono legal services to those unable to afford such services;
- Collaborating with other service providers;
- Creating models of effective service delivery;
- Providing education, outreach and referral services; and
- Encouraging and advocating the practice of pro bono service.

## HISTORY

- Since 1981, Volunteer Legal Services Hawai'i has provided legal services in Hawai'i to help the indigent, working poor and people in the gap group meet their needs for legal assistance. One of the country's first pro bono organizations, VLSH was started by members of the Hawai'i State Bar Association's Young Lawyers Division.
- Our wide range of services is key to our success. Legislators, government entities, nonprofits and individuals call VLSH for legal services when there is nowhere else to turn.
- For more than 20 years, VLSH pro bono attorneys have provided legal services to more than 100,000 individuals statewide.



### VOLUNTEER LEGAL SERVICES HAWAII

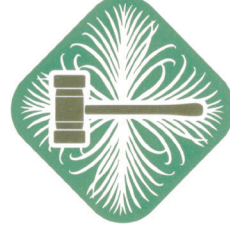
545 Queen Street, Suite 100  
Honolulu, Hawai'i 96813

For help, call 528-7046 or  
1-800-839-5200 from the Neighbor Islands  
Email: [vlsh@vlsh.org](mailto:vlsh@vlsh.org)  
Website: [www.vlsh.org](http://www.vlsh.org)

For help, call 528-7046 or  
1-800-839-5200 from Neighbor Islands

# SERVICES

LEGAL CLINICS • PRO BONO REFERRALS  
PRO SE SUPPORT • CHILD ADVOCACY  
OUTREACH & LEGAL EDUCATION



### VOLUNTEER LEGAL SERVICES HAWAII



# CURRENT SERVICES

VLSH provides assistance in the following areas of civil law:

- **Adoption**
- **Advanced Healthcare Directives**
- **Child Advocacy**
- **Civil Rights**
- **Collection Defense**
- **Consumer Matters**
- **Custody**
- **Divorce**
- **Elderly**
- **Employment**
- **Family Law**
- **Gap Group**
- **Guardianship**
- **Immigration**
- **Landlord-Tenant**
- **Nonprofit Organizations**
- **Power of Attorney**
- **Public Benefits**
- **Real Property**
- **Tax Issues**
- **Tort Defense**
- **Wills/Probate**

## PROGRAMS & PROJECTS

### INTAKE AND REFERRAL

Volunteer Legal Services Hawai'i will interview you to assess your legal needs. We will then refer you to an appropriate VLSH program or volunteer attorney, as your situation requires. If necessary, we will refer you to an attorney, working at reduced rates through the Hawai'i State Bar Association's Gap Group Project.



### NEIGHBORHOOD LEGAL CLINICS

VLSH neighborhood legal clinics are located on O'ahu, Maui, Kaua'i and the Big Island. You can schedule a half-hour appointment with a lawyer for advice on general and family law. We offer workshops in pro se ("do-it-yourself") uncontested divorce and other events on an as-needed basis. Call 528-7046 for clinic locations and hours.



### NONPROFIT PROGRAM

We conduct training programs to improve and expand nonprofit organizations. We offer pro bono legal assistance to organizations that 1) have a combined program and operating budget of less than \$1,000,000 and 2) are involved in community-based economic development or are providing services to people who are in the low-income or "gap" group.

### HOMELESS PROGRAM

We provide monthly clinics at some emergency and transitional shelters, and offer education, outreach and referral services. Our specialized clinics help you understand tax, consumer, landlord/tenant and employment laws.



### TAX ASSISTANCE CLINIC

We provide representation in disputes with the IRS, as well as assisting with tax preparation. We conduct outreach and tax education for low-income individuals and clients for whom English is a second language.



### NA KEIKI LAW CENTER

Na Keiki Law Center provides a voice for children and addresses their unique needs, including advocacy and referrals. We determine the best way to deal with systematic barriers to children's well being. We provide consulting attorneys for pregnant and parenting teens through the GRADS program.



### PROJECT VISITATION

We recruit, coordinate and train volunteers who ensure monthly visits between siblings separated in foster care.





# The Parent Line

Free statewide confidential phone line

**808-526-1222 • 1-800-816-1222 (Toll-Free)**

**UPDATED HOURS: Mon - Fri: 9am - 7pm & Sat - Sun: 9am - 2pm**

*We are closed on all State holidays*

Stock photo. Posed by model.

As Hawai'i's premier resource on child behavior, child development, parenting and caregiver support, and community resources, our experienced phone line staff will help you problem-solve parenting challenges and child and adolescent behavior and development issues. Community resource information and parenting handouts are available. We also offer free parenting workshops via Zoom. Please visit our website for more information.

## **The Parent Line serves anyone with concerns about parenting:**

- Parents of children
- Expecting parents
- Grandparents and other family
- Teachers
- Child care providers
- Health care providers
- Social workers
- Mental health specialists
- Other professionals

## **Call us with any questions regarding:**

- Behavior and development
- Family concerns
- School/education issues

Funded by the Hawaii State Department of Health, Maternal and Child Health Branch and operated by Child & Family Service.

**[www.theparentline.org](http://www.theparentline.org)**

We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion or disability.

Write or call our Affirmative Action Officer at Box 3378, Honolulu, HI 96801-3378 or at (808) 586-4616 (voice) within 180 days of a problem.

# PARALLEL PARENTING

There are 5 parts to Parallel Parenting. You can set this up yourselves. If you write it up and take it into court, the Judge will make it part of your court order. If you have difficulty setting this up, a parent counselor can help.

The main purpose of Parallel Parenting is to prevent the child from hearing the parents arguing or watching the parents getting tense with each other. To do this, parents set things up so that there are very few occasions when parents will need to see or communicate with each other.

1. Except in emergencies, parents communicate in writing - text, email, fax, letter, notes. Parents don't show the child what's written.

*This prevents the child from knowing about parents' disputes.*

2. Parents set up a detailed court order. Everything about the regular weekly schedule, holidays, vacations, and transportation is spelled out in days of the week, dates, times, drop-offs, and pick-ups. Don't forget to include school days when school is cancelled, and don't forget rules about when an ill child will or will not go through a change-over.

*Parents won't need to talk or negotiate about the schedule much. The details are already laid out in the court order.*

3. What goes on in mom's house is none of dad's business unless there is abuse or neglect going on. What goes on in dad's house is none of mom's business unless there is abuse or neglect going on.

Parents don't micro-manage each other's parenting, and they don't interrogate the child about what goes on at the other house.

4. If a parent can't fulfill his or her time-sharing responsibilities on a particular day, the parent arranges for child care. The child care provider chosen is none of the other parent's business unless there is abuse or neglect going on.

*Mom and Dad don't have to communicate with each other about times when child care is needed.*

5. As much as possible, change-overs are neutral. One parent drops off at babysitter, daycare, or school in the morning; the other parent picks up in the afternoon. An alternative is to use a third party (grandparent, auntie, uncle) for change-overs.

*Only one parent is present at a time. There is no opportunity for parents to be tense or angry with each other in front of the child.*



STATE OF HAWAI'I FAMILY COURT FIRST CIRCUIT	<h2 style="margin: 0;">PROPOSED PARENTING PLAN</h2>	CASE NUMBER FC-____ No.____																																								
<div style="border-bottom: 1px solid black; padding-bottom: 5px;"> <input type="checkbox"/> CHILD SUPPORT ENFORCEMENT AGENCY,          STATE OF HAWAI'I,       </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 45%;">         (Name: First, Middle, Last) <input type="checkbox"/> Plaintiff <input type="checkbox"/> Defendant  <b>PLAINTIFF(S)/PETITIONER(S),</b>            vs.            (Name: First, Middle, Last) <input type="checkbox"/> Plaintiff <input type="checkbox"/> Defendant            (Name: First, Middle, Last) <input type="checkbox"/> Plaintiff <input type="checkbox"/> Defendant    <input type="checkbox"/> and CHILD SUPPORT ENFORCEMENT AGENCY,          STATE OF HAWAI'I,    <b>DEFENDANT(S)/RESPONDENT(S)</b> </div> <div style="width: 50%; padding-left: 10px;">         This document was prepared by:  <input type="checkbox"/> Plaintiff/Petitioner <input type="checkbox"/> Defendant/Respondent <input type="checkbox"/> Caretaker/Other*  <input type="checkbox"/> Attorney for: <input type="checkbox"/> Plaintiff/Petition <input type="checkbox"/> Defendant/Respondent            Name _____            Address _____            City, State, Zip Code _____            Telephone Number _____          *Relationship of Caretaker/Other to the child(ren): _____       </div> </div>																																										
I will be relocating to _____ on or about _____. [If you are relocating, file one plan for before relocation and another plan for after relocation.] <input type="checkbox"/> This plan is before relocation <input type="checkbox"/> This plan is for after relocation.																																										
<table style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 15%;">1. Child(ren):</th> <th colspan="3" style="text-align: left;"><input type="checkbox"/> See attached sheet for additional children.</th> <th style="width: 15%; text-align: right;">Is Child Protective Services Involved?</th> </tr> <tr> <th></th> <th style="text-align: left;">Full Name</th> <th style="text-align: left;">Birth Date</th> <th style="text-align: left;">Gender</th> <th style="text-align: left;">School/Grade</th> </tr> <tr> <td>Child 1</td> <td>_____</td> <td>_____</td> <td><input type="checkbox"/> M <input type="checkbox"/> F</td> <td>_____</td> </tr> <tr> <td>Child 2</td> <td>_____</td> <td>_____</td> <td><input type="checkbox"/> M <input type="checkbox"/> F</td> <td>_____</td> </tr> <tr> <td>Child 3</td> <td>_____</td> <td>_____</td> <td><input type="checkbox"/> M <input type="checkbox"/> F</td> <td>_____</td> </tr> <tr> <td>Child 4</td> <td>_____</td> <td>_____</td> <td><input type="checkbox"/> M <input type="checkbox"/> F</td> <td>_____</td> </tr> <tr> <td>Child 5</td> <td>_____</td> <td>_____</td> <td><input type="checkbox"/> M <input type="checkbox"/> F</td> <td>_____</td> </tr> <tr> <td>Child 6</td> <td>_____</td> <td>_____</td> <td><input type="checkbox"/> M <input type="checkbox"/> F</td> <td>_____</td> </tr> </table>			1. Child(ren):	<input type="checkbox"/> See attached sheet for additional children.			Is Child Protective Services Involved?		Full Name	Birth Date	Gender	School/Grade	Child 1	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F	_____	Child 2	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F	_____	Child 3	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F	_____	Child 4	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F	_____	Child 5	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F	_____	Child 6	_____	_____	<input type="checkbox"/> M <input type="checkbox"/> F	_____
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<b>2. Legal Custody should be awarded to</b> (person(s) making the major decisions, such as, school enrollment, medical, driver's license): <input type="checkbox"/> Plaintiff <input type="checkbox"/> Defendant <input type="checkbox"/> Jointly to both Plaintiff and Defendant <input type="checkbox"/> Caretaker																																										
<b>3. Physical Custody should be awarded to</b> (the child(ren) will primarily live with this person): <input type="checkbox"/> Plaintiff <input type="checkbox"/> Defendant <input type="checkbox"/> Jointly to both Plaintiff and Defendant <input type="checkbox"/> Caretaker <i>(State Parenting Time Below*)</i>																																										
<div style="border: 1px solid black; padding: 5px;"> <b>* Joint custody with the child(ren) will be shared between Plaintiff and Defendant as follows</b> (even if you are suggesting joint custody, you can also use the checklists in Sections 5 and 6):        </div>																																										
<b>FOR COURT USE ONLY</b>																																										



In accordance with the Americans with Disabilities Act, as amended, and other applicable state and federal laws, if you require accommodation for a disability, please contact the ADA Coordinator at the First Circuit Family Court office by telephone at 954-8200, fax 954-8308, or via email at [adarequest@courts.hawaii.gov](mailto:adarequest@courts.hawaii.gov) at least ten (10) working days prior to your hearing or appointment date.

*Please call the Family Court Service Center at 954-8290 if you have any questions about forms or procedures.*

**4. Special Concerns:** (i.e., breast-feeding infant, special needs of child(ren) or disability of either parent:

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**5. Visitation Schedule:** ☐ Plaintiff ☐ Defendant (check one) shall have visitation, which shall commence on \_\_\_\_\_ (fill in date), as follows:

- ☐ Reasonable visitation as agreed to by the parties.
- ☐ Every other weekend ☐ Every weekend from \_\_\_\_\_ (day of week) at \_\_\_\_\_ ☐ a.m. ☐ p.m. to \_\_\_\_\_ (day of week) at \_\_\_\_\_ ☐ a.m. ☐ p.m.
- ☐ Midweek dinner visits on \_\_\_\_\_ (days of week) from \_\_\_\_\_ p.m. to \_\_\_\_\_ p.m.  
(Note: For Friday and Monday holidays, the child(ren) will stay with the parent who has the child(ren) for that weekend.)

**Summer Vacation:**

- ☐ Should be split as agreed to by Plaintiff and Defendant.
- ☐ Plaintiff and Defendant shall each have one-half of the summer vacation with alternate weekends to the other parent. The child(ren) should be returned to the custodial parent at least one (1) week prior to the start of school.
- ☐ Other: \_\_\_\_\_

**Christmas and New Year Vacation:**

- ☐ Should be split as agreed to by Plaintiff and Defendant.
- ☐ Plaintiff and Defendant shall each have one-half of the Christmas/New Year vacation.
- ☐ Other: \_\_\_\_\_

**Intersession Vacations (Spring Break and Fall Break):**

- ☐ Each intersession break should be split as agreed to by Plaintiff and Defendant.
- ☐ Each intersession break should be alternated yearly between Plaintiff and Defendant.
- ☐ Plaintiff and Defendant shall have each have one-half of each intersession break.
- ☐ Other: \_\_\_\_\_

**Child(ren)'s Birthday(s):**

- ☐ The child(ren)'s birthday(s) should be celebrated as agreed to by Plaintiff and Defendant.
- ☐ A child's birthday will be spent with the parent who has the child on that day.
- ☐ [ ] Plaintiff [ ] Defendant should have the child(ren) on the child(ren)'s birthday on even-numbered years. The other parent should have the child(ren) on the child(ren)'s birthday on odd-numbered years.
- ☐ Plaintiff and Defendant will share the child(ren) for at least half the day on the child(ren)'s birthday.
- ☐ Other: \_\_\_\_\_

**Extensive Visitation (if applicable) should be as follows:** \_\_\_\_\_

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**Out-of-State Visitation (if applicable) should be as follows:** \_\_\_\_\_

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**6. Detailed Holiday Schedule:** Some cases work better if more details are listed. Use this as a checklist. You do not have to fill in everything. Anything that is left blank means that the child will spend the day with the parent who has the child on that day. (Note: For Friday and Monday holidays, the child(ren) will stay with the parent who has the child(ren) for that weekend.)

Check "P" for Plaintiff and "D" for Defendant. An example is shaded in gray below.

Holiday	Time (Put a.m. or p.m.)	Every Year	Even Years	Odd Years
Example Holiday	9 a.m. to 7 p.m.	<input type="checkbox"/> P <input type="checkbox"/> D	<input checked="" type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
New Year's Eve		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
New Year's Day		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Martin Luther King, Jr. Day		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
President's Day		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Prince Kuhio Day (March 26 <sup>th</sup> )		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Good Friday		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Memorial Day		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
King Kamehameha Day (June 11 <sup>th</sup> )		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Independence Day (July 4 <sup>th</sup> )		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Statehood Day (Admissions Day)		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Labor Day		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Halloween (October 31 <sup>st</sup> )		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Veterans' Day (November 11 <sup>th</sup> )		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Thanksgiving Day		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Christmas Eve		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Christmas Day		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Mother's Day		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Father's Day		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Plaintiff's Birthday		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Defendant's Birthday		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Other:		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D
Other:		<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D	<input type="checkbox"/> P <input type="checkbox"/> D

**7. Childcare:**

These are the arrangements for childcare when I am at work (if you have agreed to joint custody, also state the arrangements of the other parent: \_\_\_\_\_)

**8. Parents covering each other:**

- ☐ If we cannot care for the child(ren) during a time assigned to us, we will ask the other parent to take care of the child(ren) before we ask anybody else.
- ☐ It will be up to each parent who they ask for help during their assigned times.

**9. Transportation:**

- ☐ The parents will agree to who can transport the child(ren).  
☐ Only the following people can help the parents with transportation: \_\_\_\_\_

**10. Communication and Information Sharing:**

- ☐ The parent without the child(ren) can call the child(ren): *(check only one)* ☐ At reasonable hours OR  
☐ Everyday from \_\_\_\_\_ ☐ a.m. ☐ p.m. to \_\_\_\_\_ ☐ a.m. ☐ p.m.  
☐ E-Mail at this email address: \_\_\_\_\_ ☐ Other: \_\_\_\_\_  
☐ Parents will share information with each other ☐ Parents must get information from the source (e.g., Dr., school).

**11. Supervised Visitation/No visitation:** ☐ Plaintiff ☐ Defendant

- ☐ Will have supervised visitation with the child(ren)  
☐ at PACT Visitation Center ☐ under the supervision of \_\_\_\_\_  
☐ Will have no visitation.  
*(State the reason(s) why supervised or suspended visitation is necessary):* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**12. Modifications to the visitation schedule:**

- ☐ Any additional visitation or changes to the visitation schedule can be agreed upon by the parents/caretaker with at least 24-hour notice.  
☐ If the non-custodial parent fails to arrive at the appointed time, then the custodial parent/caretaker will wait for \_\_\_\_\_ minutes before considering the visitation cancelled.  
☐ Other: \_\_\_\_\_  
\_\_\_\_\_  
☐ No modifications allowed except by a court order.

**13. Mediation and Solving Disagreements:**

- ☐ The parties should mediate any unresolved issues or future disagreements at:  
☐ The Mediation Center of the Pacific ☐ Other: \_\_\_\_\_  
☐ Mediation is inappropriate because: ☐ Domestic Violence/TRO ☐ \_\_\_\_\_  
☐ Before going to court, the parents will ask the following person to help them solve disagreements  
\_\_\_\_\_  
(name, relationship, address, phone number)

**14. Counseling:** List present counselors for:

Plaintiff: \_\_\_\_\_ Defendant: \_\_\_\_\_  
Child(ren): \_\_\_\_\_

**Under penalty of perjury, I/we declare that this plan is proposed in good faith and is in the best interest of the child(ren) listed in Section 1.**

\_\_\_\_\_  
Signature of Plaintiff's Attorney Date

\_\_\_\_\_  
Signature of Defendant's Attorney Date

\_\_\_\_\_  
Print Name of Plaintiff's Attorney

\_\_\_\_\_  
Print Name of Defendant's Attorney

\_\_\_\_\_  
Plaintiff's Signature Date

\_\_\_\_\_  
Defendant's Signature Date



# KIDS FIRST

LETTER TO MY CHILD: