



Promentium

# Contact Planner



PROMENTIUM FREE GUIDE





**How do I communicate about contact without there being an argument?**

Note: Communication needs be only about contact and nothing else at all at all times.



**When would I like contact to happen?**

Note: Contact be at reasonable times and allow children to be in bed at reasonable times and must take into account all parents having good times with the children not just times of routine and insisting on homework.



**Where would I like contact to happen?**

Note: Think clearly about child friendly venues that make contact fun for children.



**What will the children do during contact?**

Note: Children need to feel that it is enjoyable going to contact. Think about when you have to go somewhere. Do you look forward to going there or not?



### What will the children eat during contact?

Note: It is common for parents to feel that they need to treat children during contact but one of the most common complaints is that they come back from it on a sugar high. Ensure that your children eat healthily during contact. Be prepared for this either bringing your own food or going to somewhere that serves some healthy food as an option.



### How will the children be transported safely?

Note: Travelling to and from contact is an integral part of contact and this needs to be done in a way that children are and feel safe.



### How will I ensure that the children are well looked after at all times and keep them safe?

Note: You need to demonstrate that you are able to keep the children safe and meet all of their needs. They need to be kept safe from harm, be warm and dry, be fed, be stimulated and they need to feel loved and wanted.

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