

outside the visit may impact how they feel that day, their age plays a role, or how they interact with that parents. Parents should know how to handle these issues, so it is a good idea for supervised visitation monitors to assist parents in coming up with a course of action when these things occur. Each situation is different, so while the plan may work for one instance it may not work for another, it is important for each situation to be handled on an individualized level, but with consistency. Visitation monitors can assist parents in adapting the plan for different factors and each child, so the parent is prepared for possible issues that come their way.

Issue	Reason	Solution
<p>Terrible Two's: Drake is throwing a tantrum because they don't want to play a game</p>	<p>Children have a hard time expressing themselves at this age. They can get frustrated if they cannot communicate how they feel or things aren't going their way.</p>	<ul style="list-style-type: none"> • Don't give the child attention, become engrossed in the activity with the other child(ren). "Drake is upset right now, so we are going to give him time to get out his frustration, and he can join us when he is calm." • Mimic the child and show them how to express their feelings. "I know you're upset we stopped playing your favorite game, but we have to move on to a new game that everyone likes. Let's take a break in our 'safe corner,' so you can calm down and join us later." • Reassure the child that they are still loved even if they are upset.
<p>Potty Training Issues, 3 Years old: Bailey is potty training right now, but she is having issues telling mom when she</p>	<p>Potty training can be difficult for children and parents. The child may not yet realize when they have to potty, and if they do they</p>	<ul style="list-style-type: none"> • Try to be discreet and approach the situation casually, normalize it. If the situation is blown out of control and made a big deal, it may cause the child to become self-conscious and embarrassed. Depending on the protocol the monitor and parent have set up for

<p>has to go to the bathroom. She has an accident while everyone is having a dance party.</p>	<p>may feel embarrassed by it. The parent should reassure them that having to potty is okay and make it seem like an accomplishment when they share that they have to potty.</p>	<p>bathroom runs the parent may have to address why he is leaving the room to the other kids. "Bailey I see that you had an accident. It's ok, but we have to go to the bathroom to go clean up. Next time let mommy know when you have to potty so we can go to the bathroom. When you come back, you can jump right back into having fun with us."</p>
<p>Eight years old: After his mom left Micah decided to sit in the corner cry because he wants his mom to come back. He doesn't want to participate in the visit.</p>	<p>Children will generally become attached to the parent they spend the most time with, but it doesn't mean they don't like the other parent, they may feel more comfortable with the parent who is more active in their daily routine.</p>	<ul style="list-style-type: none"> • Both parents should work on setting up a drop off routine. It helps if the routine consists of the departing parent saying goodbye, reaffirming love, establishing a sense of safety and stating when they will be back. The visiting parent's routine should be similar; it should include a welcoming statement, establish safety, love, and excitement. <ul style="list-style-type: none"> ○ "Hi Micah, I'm so happy to see you and spend time with you. I see that you are sad mommy has to go, but it will be fun to spend time with daddy. You are safe, and you will have your siblings to play with too. I love you, and you will see mommy in two hours when you are done spending time with daddy." • Continue to have fun with the other children, and after some time check of the upset child and persuade them to join in the fun. "Wow! We are having so much

		<p>fun! Would you like to join Micah? The time would pass by faster if you were having fun with us.”</p>
<p>Talking Back, 12 years old: Claire has had an attitude every time she comes to visit. This visit she sits on the opposite side of the room and is making snide comments that can't be heard. She states "I hate being here, I don't even know why I have to spend time here, it's not like you care anyways."</p>	<p>During the tween years, children generally have an attitude with their parents and try to separate themselves from spending time with them. Facing some opposition and smart remarks are normal.</p>	<ul style="list-style-type: none"> • Address the issue right away. Do not stop the activity between the other child(ren), but state that you need to speak with the other child. Let the child know the impact of their comment and open a way for them to express how they feel. Let them know they are welcome to join in and play with everyone else and they are still loved, but they need to communicate their frustrations or oppositions calmly and respectfully. <ul style="list-style-type: none"> ○ "Excuse me, I have to go speak to Claire, but I will be right back, you can continue playing. Claire, I am very hurt by your words. It's not fair to me for you to assume that I don't care, I enjoy spending time with you. If you are upset about something, we can speak about it if you would like. You can come to play with us if you would like, but you have to be respectful."
<p>Focused on the Phone, 17 years old: Austin is always on the ipad during the visits. He doesn't engage in any activities.</p>	<p>Children at this age can become engrossed in their ipads and phones. They are focused on fitting in and being social with peers of their age group.</p>	<ul style="list-style-type: none"> • Parents and visitation monitors can set up rules for the visit, which include no electronics. It may upset the teen, but remind them that their time with the visiting parent is limited and their phone will be there once the session is over. <ul style="list-style-type: none"> ○ "I know you want your ipad back, but I also want to spend

		some time with you and your siblings. We only have 2 hours together, and I would like to spend it talking and having fun. Your ipad will be there when our time is up.”
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Conclusion

A great deal goes into a visit with more than one child, especially when they are in different age groups. It takes a lot of patience, shifting gears, and developmental competence to be able to manage a visit. Supervised visitation monitors play a big part in helping the parents understand where their child might be developmentally, and how that can impact their time together. Helping the parent plan out a visit and prepare for issues that may arise throughout the session is helpful. Although a lot may go into these sessions, it will be worth it. The steps taken make for a productive session, which is great for the kids and the parents.

References

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VISIT PLAN	
Rules	Activities
No phones or electronics during the visit	Dance party!
Potty time is when the visit starts, an hour in, and before the end.	Uno, gold fish, other easy card games
Use kind words and soft hands. If you don't want to participate use your words	Sorry, snakes and ladders, other easy board games
We have to do something everyone likes	Catch
Listening ears on at all times	How was your day?
	Karaoke
	Arts and crafts project
	Playing pretend