

# Managing a handover



Handovers can be really hard for parents. It is also a time where children will see the 2 people they love the most at the same time. It's important that handovers go as smoothly as possible.

## Small Talk

At a handover children will be looking at both parents to sense the mood and for any signs of anger or sadness. Civil chit-chat is much better than Mum & Dad giving each other the silent treatment. Saying hello and acknowledging the other parent can go a long way in making children feel less stressed.

## Preparing children

Sometimes children will be anxious about seeing the other parent especially if they can sense you are unhappy about them going. Remind children about upcoming contact and talk positively about what they will be getting up too. At no point should you ask your children to choose who they want to spend time with.

## Being on Time

Be on time, or at least keep everyone informed if you have to be late. Lateness is the first opportunity for one of you to start a tit-for-tat argument. Prepare yourself for any negative comments and plan a response that doesn't escalate into an argument.

## Be Kind to Yourself

Developing a happy handover takes time! There will be times where you both get it wrong but remember to remain child focused and be kind to yourself! For an informal chat about how we can help, ring 01429 891 444.