

Custody Mediation Tips

- Focus on the your child's best interest as you make decisions
- Listen to the mediator and the other parent
- Get enough sleep the night before
- Set aside personal conflicts with the other parent
- Be courteous, calm, and professional
- Stay on topic and avoid talking about other issues
- Be willing to compromise on your plan and schedule
- Bring multiple plan and schedule ideas to discuss
- Write down concerns and issues you want to discuss at mediation
- Bring documents like work schedules and your child's school schedule
- Focus on co-parenting, not your relationship with the other parent
- Remember the mediator is a neutral third party there to help you