

Back to School...Already!!

The kids are heading back to school, and parents are trying to manage work, homework, and extracurricular activities. This all happens at the same time many parents are trying to manage the costs of school registration and perhaps college tuition. For divorced parents and families who have experienced a transition during the summer, trying to get life running smoothly can present challenges.

The Law Office of Brigid A. Duffield, P.C. offers the following suggestions to all Parents to help them successfully navigate the start of the new school year.



Set up a common calendar - internet-based whenever possible. Families in transition often comment that their communication is "non-existent". It's our experience that less *bad* communication can mean more *good* communication, which can reduce conflict and generate better results for everyone involved. A shared, common calendar on a "neutral platform" establishes communication and shares information without requiring the direct contact that can generate negative reactions and feedback. These calendars can include as much detail as needed, and with both parent's permission, computer-savvy children can add information as well. All that's needed is for one parent to set it up, populate it with the activities, share a password, and the children's activities and schedule are available to all parties. Best of all, some of these calendars or apps are free! Here are a few options worth your review:

- [AppClose.com](#) Free
- [Cozi Calendar](#) Free
- [Google Calendar](#) Free
- [Talking Parents](#) Free
- [FamilyCrossings.com](#) \$39/year
- [CustodyToobox.com](#) \$50/download
- [Our Family Wizard](#) \$99/year, per parent
- [OPTIMAL by ParentingTime.net](#) \$149/year

Talk with your children about the new routine. "Back to school" can be a big transition for any child, especially if a new school with new friends is involved along with a change in the family dynamic. Talk with

**Prairie State
Legal Services
Night At the Ballgame
August 11, 2018
6:00 pm
Boomers Stadium
1999 Springinsguth Rd
Schaumburg, IL**

Boomers vs. Slammers
"Blues Brothers Night"
Post-game fireworks!

TICKETS

Password: prairie

Questions?
Robert Rupp
rrupp@dcba.org
630-653-7779

**DCBA Golf Outing 2018
August 23, 2018
Catigny Golf Club
27W 270 Mack Rd, Wheaton
12:00 pm Registration
1:00 pm Shotgun Start
6:00 pm Cocktails & Dinner
Buffet**

REGISTER

Questions?

your child about the changing routine, and give them the confidence to help them manage new situations. Make sure specific details are communicated with the other parent, so that both parents can support the child and watch for signs that they may be struggling. Share information and communicate with your child in a simple and open manner. Don't expect them to process or act as an adult...children ARE children.

Allow your children to express themselves - if not to you, then to a safe third party. Change is tough on us all, but it's especially tough on children. Be open to the fact that your child may have emotional needs that you are not able to meet. They may need to talk with someone other than you - a school counselor, mental health professional, a member of your extended family, or even the parent of a friend. Set time aside for this so that your children know that they have positive adult role models there to support them. It truly can take a village, in both negative and positive circumstances, to raise a child.

Send the school, teachers, coaches, an email. Providing your children's teachers with current contact info for both parents is a good start, and can be easily done via email. The message needs to be that both parents want to be involved and stay informed. Request that the school provide duplicates of any important documents, one for each parent at their respective addresses.

Stay Proactive. Keep it together for your children throughout the transition process; pick the battles that need to be fought, and put aside those that don't. Be proactive in getting the information you need from the school, the teacher, the coach, the doctor - don't wait for it to be "served" to you. Most people do not want to be the "secretary" for their former spouse, even if it is in the child's best interest to do so. Be proactive in making sure your child knows they have your love and support. When you're proactive, supportive and enthusiastic about school, your child recognizes the importance and value of their education, their activities and their family.

Cindy Allston
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630-653-7779

**Midwest Shelter for
Homeless Veterans
13th Annual Golf Outing
& Texas BBQ
August 24, 2018
Blackberry Oaks Golf Club
3356 Kennedy Rd, Bristol
11:30 am Registration
1:00 pm Shotgun Start
6:30 pm Texas BBQ**

[REGISTER](#)

Questions?
Contact MSHV
630-871-8387



"The single biggest problem in communication is the illusion that it has taken place." -- George Bernard Shaw

The Law Office of Brigid A. Duffield, P.C. wishes you a safe, productive, and conflict-free school year!

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