

# A Single Parent's Bill of Rights

(1) You have the right to reasonable telephone contact with your child when he/she is in the care of the other parent.

(2) You have the right to speak with your child privately and to expect the other parent not to eavesdrop on phone calls or read correspondence and e-mail between you and your child.

(3) You have the right to notice of all school functions and extra curricular activities and to participate in these activities.

(4) You have the right to participate in the decision of whom will be providing day care and after school care for your child. You have the right to the name, address, and phone numbers of all babysitters and care providers for your child and to meet and speak with these individuals.

(5) You have the right to reasonable notice when your child has been sick or injured.

(6) You have the right to the name, address and telephone number of all physicians providing care to your child. You have the right to meet with the physician, to copies of your child's records, and to participate in all decisions regarding non-emergency medical care.

(7) You have the right to receive prior notice of and to participate in the decision to take your child to a psychologist or a licensed mental health worker. This includes the right to the name address and phone number of the counselor and copies of the counselor's curriculum vitae and any other information relevant to the counselor's credentials.

(8) You have the right to be on the emergency pick up list for schools, childcare, and extracurricular activities.

(9) You have the right to copies of your child's school records, medical records, and in most cases, mental health records.

(10) You have a right to an itinerary whenever the other parent will be visiting with the child away from their home. This includes dates of departure and return, travel, hotel and flight information, the names, address and telephone numbers of persons who will be traveling with your child, and phone numbers where your child may be reached during their trip.

(11) You have the right to expect the other parent not to discuss your disputes with your child, or in front of your child.

(12) You have the right to expect the other parent to encourage the child to love you, visit you, telephone you, and not to speak badly of you in the presence of the child.

(13) You have the right to expect the child and the other parent to be consistently on time for visitation drop offs and pick ups and to a phone call when the other parent is going to be late.

(14) You have the right to speak with (or at least correspond or e-mail) the other parent directly regarding your parental rights and visitation scheduling matters. The child or others should not be used as messengers.

(15) You have the right to expect the other parent to be reasonably flexible with the visitation schedule upon reasonable notice for special events.