

## APPENDIX A

### ADDITIONAL RESOURCES:

Several websites offer online parenting calendars and websites that the parents may choose to utilize in tracking schedules, doctor, medical and contact information, school and homework info and uploading photos to share:

- [www.sharekids.com](http://www.sharekids.com)
- [www.ourfamilywizard.com](http://www.ourfamilywizard.com)
- [www.custodyplanner.com](http://www.custodyplanner.com)
- [www.facebook.com](http://www.facebook.com)
- [www.familyconnex.org](http://www.familyconnex.org)
- [www.yahoo.com](http://www.yahoo.com)
- [www.aol.com](http://www.aol.com)
- [www.airset.com](http://www.airset.com)
- [www.hotmail.com](http://www.hotmail.com)
- [www.airset.com](http://www.airset.com)
- [www.kidmate.com](http://www.kidmate.com)
- [www.parentingtimecalendar.com](http://www.parentingtimecalendar.com)

SBAND Referral Information: <http://www.sband.org/>

Online Address to these forms:

Online address to Mediation/Parent Coordinator Roster:

NDSU Extension Family Resources: <http://www.ag.ndsu.edu/family/resources.htm>

Parents Forever Contact Information: <http://www.extension.umn.edu/parentsforever/>

Parent Resource Centers North Dakota:

- West Dakota Parent & Family Resource Center, Dickinson  
<http://www.dickinson.k12.nd.us/westdakota/index.asp>
- Fargo Parenting Resource Center  
<http://www.ext.nodak.edu/county/cass/prc.htm>
- Grand Forks Parenting Resource Center  
<http://www.ext.nodak.edu/county/grandfor/programs/familyresource/parentingresourcescoordinator.htm>
- Mandan Parenting Resource Center  
[http://www.co.morton.nd.us/index.asp?Type=B\\_BASIC&SEC={BF812A7F-CB15-42C1-A9D2-E60F450646FA}](http://www.co.morton.nd.us/index.asp?Type=B_BASIC&SEC={BF812A7F-CB15-42C1-A9D2-E60F450646FA})

Other resources:

- Amy J. L. Baker. (2007). Adult Children of Parental Alienation Syndrome, Breaking the Ties That Bind.
- Douglas Darnall, PhD. (1998). Divorce Casualties: Protecting Your Children From Parental Alienation.
- Marilyn S. McKnight Erickson and Stephen K. Erickson. (1992). The Children's Book...for the sake of the children, A Communication Workbook for Separate Parenting after Divorce.
- Carla B. Garrity & Mitchell A. Baris. (1994). Caught In The Middle.
- Elizabeth M. Ellis (2000). Divorce Wars, Interventions With Families in Conflict.
- Keeping Your Children out of the Crossfire. Alliance for Children's Justice
- Phillip W. Cook. (2003). Abused Men—The Hidden Side of Domestic Violence.
- Internet sources:

<http://www.bonusfamilies.com/>

<http://www.childcustody.org/>

<http://www.kidsturn.org/parents/links.htm>

<http://www.kinderstart.com/>

<http://ruralwomenshealth.psu.edu/>

<http://www.divorcesupport.com/>

<http://www.momsrefuge.com/>

[http://www.momsrefuge.com/resources/spirited\\_child.html](http://www.momsrefuge.com/resources/spirited_child.html)

<http://www.parenthood.com>

<http://www.familyinternet.about.com>

<http://www.divorcesource.com>

## APPENDIX B

There are several rules which North Dakota courts must follow in approving any parenting plan:

- 1) The court must always honor the best interests of the child. The court cannot presume that either the mother or the father, whether married or unmarried, will automatically better promote the best interests of the child based on gender or marital status alone.
- 2) If there has been recent domestic violence evidenced by serious bodily injury, threatening with a weapon, or a proven pattern of abusive behavior, the court must require that any parenting time will be supervised. This requirement can be challenged, but the abusive parent must prove to the court that their abusive behavior would not endanger the child either physically or emotionally.
- 3) If a court has found that sexual abuse of the child has occurred, the abusive parent cannot have contact with the child at all unless he/she can document completion of an approved treatment program. Even then, a therapist must be present during any established parenting time. In addition, before any parenting time arrangements can be made, both the therapist for the child and the abusive parent's therapist must agree it is in the best interests of the child to implement the arrangements.
- 4) Finally, in any legal proceedings relating to determining parental rights and responsibilities, if the court finds that one parent has committed domestic violence, that parent must bear the burden of paying all court costs, attorney's fees, and expert witness fees. The only exception would be for situations in which paying these costs would place an "undue financial burden" on that parent.

Co-parenting with a person who is abusive and controlling is difficult in the best of times. Trying to manage co-parenting in the midst of a divorce is often virtually impossible. The good news is that you do not need to create a parenting plan alone. If you perceive yourself to be a victim of domestic violence, emotional abuse, and/or a controlling partner, you would be wise to ask for help in crafting a parenting plan. A trained mediator or family law attorney can help you. Asking for this kind of help is not a sign of weakness on your part. A well crafted parenting plan can provide a framework which not only protects physical safety but also helps create an environment in which every member of the family can make a healthy transition to the next stage of their lives.

Most parents want to do what is best for their children. Most adults want to live respectful, productive lives. We all have a responsibility to use the tools that are available to us to help us live with each other and our children in a safe, nurturing environment. Parenting plans can be such a tool if approached with an open mind and willingness to co-parent.

### Tips for Creating a Parenting Plan with an Abusive Partner

- 1) Assess your family situation as objectively and honestly as you can in terms of safety.
  - Are you/will you be physically safe after the divorce?
  - What safeguards do you need to build in to assure safety?
    - Use of a Visitation and Exchange Center
    - Consider a third party for supervised parenting time
- 2) Ask for help in negotiating a parenting plan.
  - Ask your attorney for help
  - Contact a family mediator
- 3) Anticipate future pitfalls and modify the model parenting plan to emphasize these points.
  - What might the abusive parent be most likely to manipulate and/or exploit?
    - For example:
      - ✓ your work schedule/vacations
      - ✓ additional family commitments
      - ✓ differences in parenting philosophies
      - ✓ medical issues
      - ✓ costs for children's needs, such as clothes, school supplies, and trips, etc.
      - ✓ unreasonable last minute changes in times/places of visitation and exchange
      - ✓ using children as messengers
      - ✓ speaking negatively about you to the children
- 4) If allowable by the court and if you need on-going protection, incorporate a "protective provision" into the divorce decree and include the children.