

HOW CO-PARENTS CAN WORK TOGETHER

- Keep communication open. When your co-parent contacts you, do not wait long to reply.
- If you share parental rights and responsibilities, work together to make important decisions about your child's welfare, including medical and educational decisions.
- Social distancing does not mean your child and co-parent must go a long time without talking; consider adding video and phone calls in addition to any court-ordered parenting time.
- Be honest with your co-parent about COVID-19 symptoms or exposure.
- Be flexible and understanding with your co-parent.

Questions?

If you have questions about whether you should go to a courthouse, please call 207-753-2999. For general questions concerning the Judicial Branch's response to the COVID-19 pandemic, contact info@courts.maine.gov.

Legal Assistance

Maine Lawyer Referral Service

\$25 for a 30-minute consultation:
mainebar.community.lawyer/

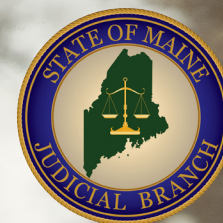
Volunteer Lawyers Project

To ask a family law question:
maine.freelegalanswers.org

Maine Judicial Branch

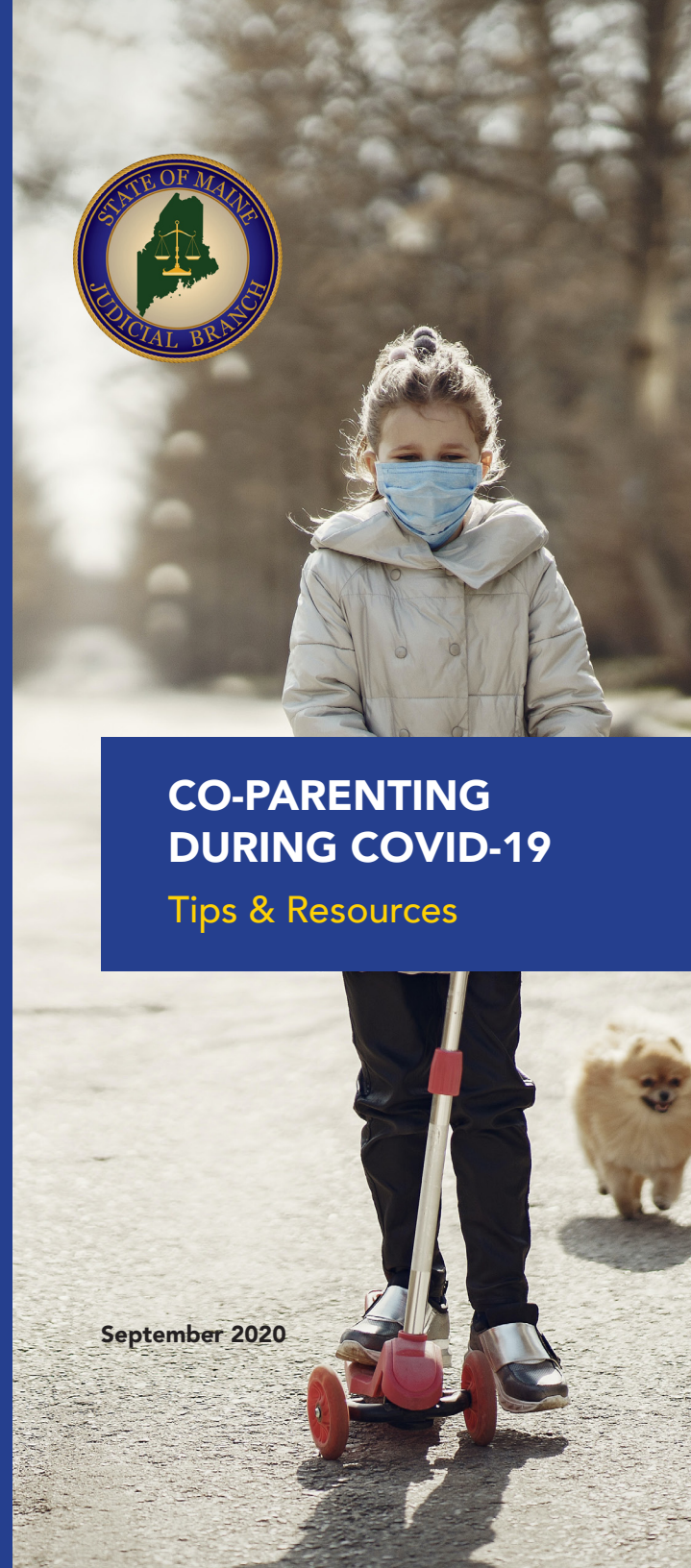
Administrative Office of the Courts
1 Court Street, Suite 301
Augusta, ME 04330
www.courts.maine.gov

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CO-PARENTING DURING COVID-19

Tips & Resources



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PARENTING TIME DURING COVID-19

Should I follow my court order regarding parent-child contact during the COVID-19 pandemic?

The spread of COVID-19, in and of itself, is not a reason to deny parenting time. Parents should try to set aside personal differences, agree on what is best for all involved including following the Maine CDC guidelines on protecting families from COVID-19, and try to maintain a positive relationship with their child. If following the parent-child contact order presents a great risk for someone, parents may want to seek legal advice. If situations prevent a child from seeing a parent for a long time, parents should think about working together to add more parenting time on a temporary basis with the parent who has not seen their child.

What if the public place for our parenting time exchange is closed?

During the exchange, all parties should follow the Maine CDC guidelines for limiting the spread of the virus, which may mean, if possible, choosing a different location for the exchanges that has fewer people gathering and less touching of public items (e.g., moving exchanges from a restaurant to a grocery store parking lot).

CO-PARENT EDUCATION PROGRAMS & MEDIATION RESOURCES

Parent education programs help parents understand children's development and needs while dealing with the stress of divorce or separation. Many of the programs are offering online classes statewide.

Kids First Center

(Cumberland, Franklin, Sagadahoc & York)
207-761-2709 | kidsfirstcenter.org

Advocates for Children

(Androscoggin)
1-800-866-5588 | ccimaine.org/children-services

Kennebec Valley Community Action Program

(Kennebec & Somerset)
1-800-542-8227 | kvcap.org

ParentWorks

(Knox & Lincoln)
207-596-0359
homecounselorsinc.org/parentworks

The courts offer mediation services for parties with pending family matters. However, you may want to consider mediating privately to avoid court. Private mediation services include:

Family and Community Mediation

207-520-2442 | mainefcm.org

Maine Association of Mediators

1-877-265-9712 | mainemediators.org



DOMESTIC VIOLENCE & SEXUAL ASSAULT RESOURCES

If you are experiencing or have experienced abuse, some of the co-parenting tips in this brochure may not apply.

IF YOU ARE IN IMMEDIATE DANGER, CALL 9-1-1.

For support, you can also contact an advocate.

Domestic Violence Statewide 24/7 Hotline

1-800-834-HELP
mcedv.org

Sexual Assault & Harassment Statewide 24/7 Hotline

1-800-871-7741
mecasa.org

Tribal Sexual Assault & Domestic Violence 24/7 Hotline Numbers

Micmac Advocacy Center
207-551-3639

Maliseet Advocacy Center
207-532-6401

Indian Township Passamaquoddy
Advocacy Center
207-214-1917

Passamaquoddy Peaceful Relations
Advocacy Center
1-877-853-2613

Penobscot Nation Advocacy Center
207-631-4886