

# 6 Ways to Support **CUSTODIAL PARENTS**



1. Remember that the custodial parent may be struggling too.
2. At intake, ask about the resources that the custodian might need.
3. Start with "How's it going?" "Let's see if we can connect you with some resources."
4. Acknowledge that raising a child can be challenging, but comes with great rewards.

5. Encourage the parent to use self-care.

6. Focus on the positives: recognize any strengths you see.

For example:

- Strong relationship with the child ("I see that Franklin loves you and trusts you.")
- Appropriate parenting skills ("I like how you gave Maria two options for games to play.")
- Ability to calm the child ("I like how you asked Davy to take a deep breath.")
- Ability to re-direct the child ("I liked how you re-directed Tania to play with toys when she insisted on more candy.")
- Ability to focus on the child's needs ("I really liked how you listened when Molly explained that she doesn't like thunderstorms.")

