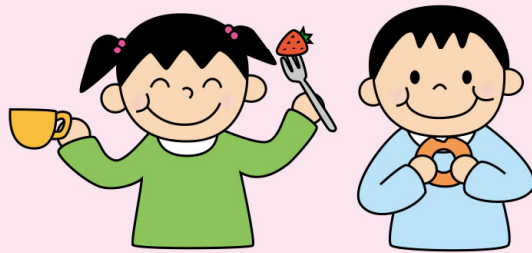




# Guide for Visitations and Other Contacts

For continuing a fruitful parent-and-child exchange



Visitations and other contacts are held for the development of the child.

Shift the emotional gears to mother and father of the child from the husband-and-wife relationship, and complement each other and cooperate for the sake of the child. Both of you are equally valuable parents for the child.

Visitations and other contacts may not go smoothly at first, but even in such cases, it is important to approach the matter with a flexible attitude without being affected by momentary lows and highs, but thinking about the child's happiness instead.

Maintaining periodic and continuous exchange between the child and his/her parent who is no longer living with the child after the parents' separation is called "visitations and other contacts."

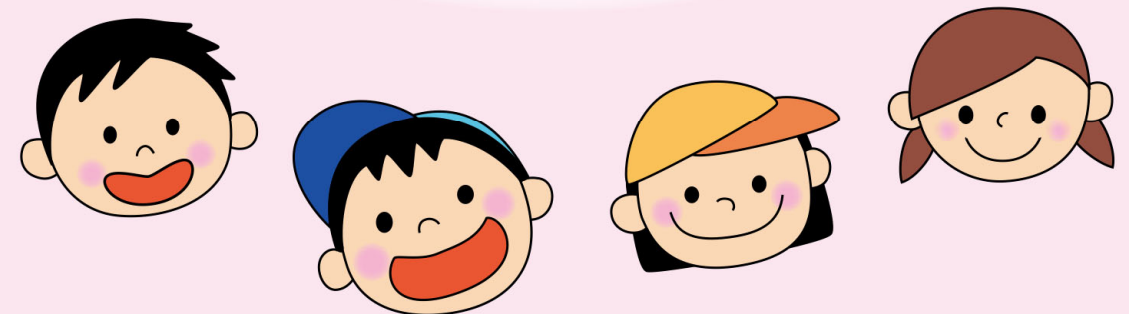
When visitations and other contacts go smoothly and well, the child can feel reassured that he/she is still loved by both parents.

This leaflet offers helpful tips for visitations and other contacts in an easy-to-understand manner.

Article 766 of the Civil Code has been revised to set forth that visitations and other contacts, as well as child support, must be in the best interest of the child (enacted April 1, 2012).

1. If parents divorce by agreement, the matters of who will have custody over a child, visitation and other contacts between the father or mother and the child, sharing of expenses required for custody of the child and any other necessary matters regarding custody over the child shall be determined by that agreement. In this case, the child's interests shall be considered with the highest priority.

2. If the agreement set forth in the preceding paragraph has not been made, or cannot be made, the matters set forth in the preceding paragraph shall be determined by the family court.



Family Court

# For a parent living apart from the child



**Decide on the date, time, and location of the visitation or other contact according to the child's health condition, pace of life, and schedule.**

Decide on the date, time, location, and other details of visit upon sufficiently considering the child's age, health condition, schooling, extracurricular activities, lessons, and other schedule so that it is not stressful for the child and makes the child happy.

**Keep to the promises and pre-determined rules for visitation or other contact.**

Keep any promises made beforehand regarding the visitation or other contact.

In particular, do not change the finishing time of the visitation or other contact, or the location for handing over the child, without consulting the other parent.

If you cannot keep a promise due to sudden occurrences, inform the other parent right away.

**Before  
seeing  
your child**

**When  
seeing  
your child**



**Ensure that the child can be at ease with you.**

A child can feel stressed when he or she has to hear bad things said about the other parent who he/she is currently living with or is persistently asked about the other parent.

Ask about and listen to what the child is interested in, what's happening at school, recent happy news, and other topics that the child can talk animatedly about.

**Do not give expensive gifts or offer excessive services.**

Attracting the child's interest with expensive presents and such is undesirable from the perspective of sound development of the child.

If money and things are really necessary, discuss it between the parents.

**Do not make promises to the child without consulting the other parent living with the child.**

If you make a promise with the child to "go on an overnight trip together" without consulting the other parent living with the child, you can make the child feel guilty or anxious. It can also lead to a new dispute between the parents.

Try to make important decisions through discussion between the parents and avoid burdening the child.



# For a parent living with the child



**Try to communicate how the child is doing to the other parent.**

The child's health condition, future school events, what the child is putting efforts into and the results, and other information about the child are highly interesting topics for the parent living apart from the child. Try to communicate as much of this kind of information as possible. This communication can help the other parent living apart from the child deal appropriately with the child and lead to successful visitations and other contacts.

**Do not talk about past disputes between the parents or make negative comments about the other parent.**

Take care to maintain the child's positive image about the other parent living apart from the child.

**If the child says that he/she does not want to see the other parent, ask the reason in detail.**

If the child is not willing to respond to the visitation or other contact, or is feeling it to be burdensome, look back on your and the other parent's attitudes toward the visitations and other contacts.

Do not unilaterally stop visitations and other contacts using the reasons given by the child as an excuse, as it can open up new disputes. In such cases, hold discussions calmly between the parents.

**Before  
the child  
leaves**



**Send the child out to a visitation or other contact with a smile.**

Children are sensitive to the parents' feelings and facial expressions. Your slight words, facial expressions, and gestures can make the child feel guilty about seeing the other parent living apart or feel that it is wrong to do so.

You should tell your child that you think it is a good thing to see the other parent.



**When the child comes back, greet him/her warmly with a smile.**

Your child may not look as happy out of concern for you. Greet your child warmly with a smile.

Do not ask detailed questions about what happened during the visitation. By acknowledging that the child has spent a good time with the other parent living apart from the child can allow the child to feel that he/she is being loved by both parents.

**In  
usual  
life**



**When the  
child  
comes  
back**