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Research shows that children can tolerate most any parenting plan solution that settles the conflict between their parents far better than they can tolerate ongoing conflict. Because of this, my general bias is that it is best for children when their parents can agree on a custody/parenting plan, rather than remain in conflict.

I think it is also best for children when parents share the post-separation and post-divorce parenting responsibilities. I hope to help you find solutions to your conflicts so that you can co-parent your children successfully. With this in mind, I recommend the following as a guide to productive mediation.

MEDIATION GROUND RULES

1. TALK TO THE MEDIATOR, NOT EACH OTHER.
2. DO NOT INTERRUPT EACH OTHER. YOU WILL EACH BE HEARD.
3. TREAT EACH OTHER WITH COURTESY AND RESPECT.
4. MAKE GOOD USE OF YOUR TIME HERE. STAY ON THE ISSUE.
5. FOCUS ON IMPROVING THE FUTURE FOR YOUR CHILDREN.
6. NO BLAMING, CRITICIZING, SWEARING OR NAME CALLING.
7. WHILE YOU DO NOT HAVE TO AGREE, I DO EXPECT YOU TO MAKE AN HONEST EFFORT TO LISTEN AND UNDERSTAND EACH OTHER.
8. IF YOU FEEL OVERWHELMED, OR UNABLE TO CONTINUE PRODUCTIVELY, ASK FOR A BREAK.
9. YOU MAY SUGGEST OTHER GROUND RULES: