

Fears related to parenting time and custody disputes

In this document you will find a list of some of the fears and worries that parents experience. One does not experience them all; but all have been experienced by someone.

A. Fears/Worries that the other parent:

1. does not have the best interest of the child/ren at heart
2. will not know how to hold/feed/comfort the infant
3. will feed junk food to our child/ren
4. will be too rough in disciplining the child/ren
5. does not know how to comfort the child/ren
6. is not attuned, responsive to the child/ren's feelings and needs
7. will not let the child/ren struggle enough to learn and become independent
8. will not know how to prevent and manage temper tantrums
9. will not start toilet training at the right time
10. will not follow eating, nap and bedtime schedule
11. is not warm, supportive enough
12. is focused on being liked by the child/ren, will spoil the child/ren
13. will not discipline, feed good food, enforce doing chores and homework
14. will neglect the child/ren
15. will send the child/ren to babysitters instead of asking you
16. will baby the child/ren and not help the child/ren grow
17. will expect too much of the child/ren
18. will micromanage your parenting
19. will ask for custody to avoid paying child/ren support
20. will be too rigid with the child/ren
21. will punish too harshly, will use corporal punishment
22. will smoke, use drugs, drink alcohol in front of the child/ren
23. will be self-centered will not notice the child/ren's needs
24. has mental health issues affecting parenting that he/she is not acknowledging and taking care of
25. will talk negatively about you to the child/ren
26. will manipulate your child/ren into disliking you and refusing to see you
27. will not support the child/ren spending time with you
28. will sabotage your plans, the schedule, etc.

29. will ask you to be flexible when requesting changes to schedule but will deny your requests for change and accommodations
 30. will use the child/ren to manipulate and hurt you
 31. believes the child/ren does not benefit from contact with you
 32. while receiving child support contribution will not use it for the child/ren or according to your expectations
 33. is a bad influence on your child/ren
 34. hangs around people that are a bad influence on your child/ren
 35. will bring people over and have sex when child/ren is in house
 36. will introduce a romantic partner to the child/ren before the relationship is serious and likely to last
- B. Fears/Worries that you will:
1. Be forced to pay child and/or spousal support
 2. not get enough child and spousal support
 3. not receive the child and/or spousal support as ordered
 4. not be able to pay the agreed on or court ordered child and/or spousal support
 5. have to see and deal with the other parent
 6. lose your child/ren's love
 7. lose contact with your child/ren
 8. have to force the child/ren to see the other parent when you know the other parent does harm (mental, emotional, physical, sexual)
 9. face friends and people who knew you as a couple
 10. face rejection from people who sided with your ex-spouse
 11. loose friends and in-laws
 12. not know how to behave, when you attend events where the other parent is, in public at social, school, extracurricular activities, etc.
- C. Fears/Worries that the child/ren will choose to spend more time with the other parent because the other parent:
1. has more free time with the child/ren
 2. is not swamped by coordinating and providing day to day follow up and care for the child/ren and spends more "child-focused" free-time
 3. spoils the child/ren
 4. will not enforce doing chores, homework, etc.
 5. has better computer, hand-held devices and internet
 6. does not limit screen and TV time
 7. does not monitor use of social media
 8. encourage irresponsible, risk-taking, defiant and rebellious behaviors
 9. undermines your parenting in front of the child/ren

D. Fears/Worries that the child/ren will be:

- a. distressed by the other parent's romantic partners
- b. Punished too severely
- c. Neglected
- d. Prevented from spending time with friends and social events
- e. Prevented from attending extracurricular activities
- f. Not supported emotionally
- g. Exposed to pornography, drug use, and other behaviors you disapprove of