

## Additional Resources for Parents and Children

*Below are resources for parents involved in legal matters such as divorce, separation, or modification of custody, parenting time, visitation, or access issues:*

- A. Lawyers:** phone book yellow pages; web directories: the Nebraska State Bar Association Lawyer Referral at 800-927-0117; NSBA Volunteer Lawyer Project at 800-742-3005; Legal Aid Society at 877-250-2016.
- B. Court-based Self-Help:** sample uncontested divorce court documents with instructions - [www.supremecourt.ne.gov/self-help/simple-divorce.shtml](http://www.supremecourt.ne.gov/self-help/simple-divorce.shtml); other web-based or library resources; and a 2007-2008 Self-Help pilot program at the Lancaster County District Court Self-Help Desk, 3rd floor, 575 So. 10th Street, Lincoln.
- C. Parenting Education Classes:** lists of approved classes in the local area are available from the district court clerk, county courthouse or at <http://www.supremecourt.ne.gov/mediation/parenting-divorce.shtml>.
- D. Douglas County Conciliation and Mediation Office:** district court-connected mediation office providing Parenting Act mediation, in the Hall of Justice, 1701 Farnam Street, 1st floor, Omaha, 402-444-7168; [www.dc4dc.com/conciliation/](http://www.dc4dc.com/conciliation/)
- E. ODR-approved Mediation Centers:** six statewide regional mediation centers providing Parenting Act mediation: [www.supremecourt.ne.gov/mediation](http://www.supremecourt.ne.gov/mediation) for the list of centers or see page 15 of this brochure.
- F. Parenting Plans:** available at [www.supremecourt.ne.gov/self-help/simple-divorce.shtml](http://www.supremecourt.ne.gov/self-help/simple-divorce.shtml); through mediation offices; books; libraries and web.
- G. Domestic Violence Service Agencies:** Nebraska Domestic Violence and Sexual Assault Coalition (NDVSAC), [www.ndvsac.org\\_402-476-6256](http://www.ndvsac.org_402-476-6256); or see page 14.
- H. Batterer's Intervention Programs:** Omaha: [www.dvccomaha.org/BLPs.htm](http://www.dvccomaha.org/BLPs.htm); statewide: contact Family Violence Council, 402-489-9292.
- I. Hotline Numbers and Web-based Resources:** Abuse/Neglect Hotline (for either child or elderly adult abuse) 800-652-1999; NE Resource and Referral System: <http://nrs.ne.gov>; Child Support Hotline: 800-831-4573; statewide Domestic Violence Hotline: 800-876-6238; parenting: [www.helpstarthere.org](http://www.helpstarthere.org); search web or libraries for children of divorce resources; check local community listings.



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[www.supremecourt.ne.gov](http://www.supremecourt.ne.gov)

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For persons with disabilities, this brochure will be made available in other formats upon request. Call the Office of the State Court Administrator, 402-471-3730.

## Nebraska Parenting Act Information Brochure



Information to help parents involved in divorce, separation and other custody matters to learn about Nebraska's:

- ϕ legal process
- ϕ divorce timeline
- ϕ requirements of the Parenting Act
- ϕ contents of a parenting plan
- ϕ mediation process
- ϕ helping children during transitions
- ϕ resources

**Dear Parent:**

It is likely that you received this brochure because you are involved in a legal action regarding your child, such as divorce, separation, modification, guardianship, or related cases involving custody, parenting time, visitation, or other access to children matters. This brochure is intended to provide you with some basic information to assist you in making decisions for yourself and for your children's best interests.

In this brochure you will find:

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It is hoped that you will find this information and the resources useful in your decision-making.

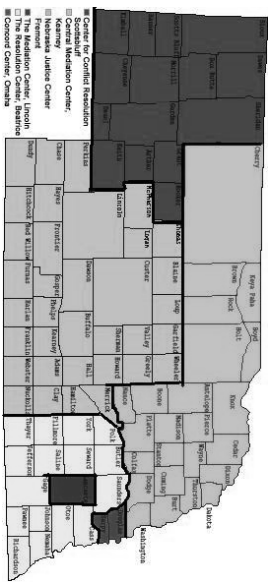
Nebraska State Court Administrator



This brochure is issued to inform, but not to offer legal advice, and has been prepared by the Nebraska State Court Administrator's Office. The brochure is distributed to each parent involved in a court proceeding in which parenting functions are at issue. This brochure meets the requirements of the Nebraska Parenting Act, Neb. Rev. Stat. §43-2925 and 43-2926 (2007 Cum. Supp.)

## Nebraska's Court-Connected Mediation Resources

**A. Douglas County Conciliation and Mediation Office:** district court-based mediation office in the Hall of Justice, 1701 Farnam Street, 1st floor, Omaha, 402-444-7168; [www.dc4dc.com/conciliation/](http://www.dc4dc.com/conciliation/)



**B. Nebraska Office of Dispute Resolution-approved Mediation Centers.**  
Contact the center listed below that serves your county to schedule mediation at the location most convenient to you.

**Center for Conflict Resolution, Scottsbluff** or **800-967-2115**  
**info@conflictresolutioncenter.com** or **308-635-2002**  
Arthur, Banner, Box Butte, Cheyenne, Dawes, Deuel, Garden, Grant, Hooker, Keith, Kimball, Morrill, Scotts Bluff, Sheridan, Sioux

**Central Mediation Center, Kearney** or **800-203-3452**  
**info@centralmediationcenter.com** or **308-237-4692**  
Adams, Blaine, Buffalo, Chase, Clay, Custer, Dawson, Dundy, Franklin, Frontier, Furnas, Garfield, Gosper, Greeley, Hall, Hamilton, Harlan, Hayes, Hitchcock, Howard, Kearney, Lincoln, Logan, Loup, McPherson, Merrick, Nuckolls, Perkins, Phelps, Red Willow, Sherman, Thomas, Valley, Webster, Wheeler

**Concord Center, Omaha** **402-345-1131**  
**contact@concord-center.com**  
Douglas and Sarpy Counties

**Nebraska Justice Center, Fremont** **866-846-5576**  
**jmarhof@qwest.net** or **402-753-9415**  
Antelope, Boone, Boyd, Brown, Burt, Cedar, Cherry, Colfax, Cumming, Dakota, Dixon, Dodge, Holt, Keya Paha, Knox, Madison, Nance, Pierce, Platte, Rock, Stanton, Thurston, Washington, Wayne

**The Mediation Center, Lincoln** **402-441-5740**  
**info@themediationcenter.org**  
Lancaster County

**The Resolution Center, Beatrice** **800-837-7826**  
**trc@bvca.net** or **402-223-6061**  
Butler, Cass, Fillmore, Gage, Jefferson, Johnson, Nemaha, Otoe, Pawnee, Polk, Richardson, Salline, Saunders, Seward, Thayer, York

# Nebraska's Network of Domestic Violence Sexual Assault Programs



Program Name	Crisis Line #
1) Family Rescue Services, Chadron .....	308-432-4113
2) Doves, Gering.....	308-436-4357
3) North Central Quad County, Valentine.....	402-376-2045
4) Domestic Abuse/Sexual Assault, McCook.....	308-345-5534
5) Rape/Domestic Abuse Program, North Platte.....	308-534-3495
6) Parent-Child Center, Lexington.....	800-215-3040 or En Español..... 866-351-9594
7) Sandhills Crisis Intervention Program, Ogallala.....	308-284-6055
8) CEDARS Family Violence Center, Broken Bow.....	308-872-5988
9) The S.A.F.E. Center, Kearney.....	308-237-2599
10) The Crisis Center, Grand Island.....	308-381-0555
11) Spouse Abuse/Sexual Assault Crisis Cntr, Hastings.....	402-463-4677 or En Español..... 402-463-5806
12) Center for Survivors, Columbus .....	800-658-4482
13) Haven House, Wayne.....	800-440-4633
14) Bright Horizons, Norfolk.....	402-379-3798
15) Voices of Hope, Lincoln.....	402-475-7273
(formerly Rape/Spouse Abuse Crisis Center)	
16) Friendship Home, Lincoln.....	402-437-9302
17) Project Response, Auburn.....	800-456-5764
18) Hope Crisis Center, Fairbury.....	877-388-4673
(formerly Blue Valley Crisis Intervention)	
19) Crisis Center, Fremont.....	402-721-4340
20) Heartland Family Service Program, Bellevue.....	800-523-3666
21) YWCA-Women Against Violence, Omaha.....	402-345-7273
22) Catholic Charities—The Shelter, Omaha.....	402-558-5700

In Nebraska, call 1-800-876-6238 to reach the nearest program.

En Español: 1-877-215-0167

## IMPORTANT NOTICE TO PARENTS:

The Parenting Act of 2007 requires that parents be notified that when they are involved in court proceedings in which parenting functions for a child are at issue (*custody, parenting time, visitation, access to children matters*) that:

### 1. A parenting plan is required in all cases.

- Parents are to create a parenting plan and submit it to the court. This may be done by parents themselves, through attorneys, or through mediation. If a plan has not been submitted to the court within a specified timeframe, the judge will impose a parenting plan for the child.
- The parenting plan is to conform to the provisions in the Parenting Act, Neb. Rev. Stat. §43-2920, et seq. (2007).

### 2. Attendance at a parenting education class is required.

- Each parent must attend an approved basic level class.
- A certificate of attendance must be filed with the court.
- The class provides information and practical tips to help parents with the impact of divorce or separation on children, and provides information about mediation, parenting plans, and the legal process.
- A court may refer parents to a second level class if advisable, and may refer children to a "children of divorce" class.
- Participation in the class may be delayed or waived by the court for good cause.

### 3. Attendance at mediation may be required.

- Between January 2008 and July 2010, Nebraska's district courts are to develop a rule stating that if parents do not submit a parenting plan within the time specified by the court, the court shall order parents to attend mediation or specialized alternative dispute resolution (SADR) to try to create a parenting plan. Check with your local district court for more information.
- Court-ordered referral to mediation or SADR will be to an Office of Dispute Resolution (ODR)-approved mediation center or a conciliation court office.



## What is the legal process for a divorce or separation?\*

### What is a divorce? A divorce is a dissolution of mar-

riage. It is granted by a court on the basis of a showing by either spouse that the marriage is "irretrievably broken." The standard issues that need to be decided in a divorce include:

- Division of property and debts
- Determination of spousal support (alimony)
- Parenting - custody, residence, parenting time, visitation, other access with children
- Child support according to the Nebraska Child Support Guidelines, found at [www.supremecourt.ne.gov/rules/](http://www.supremecourt.ne.gov/rules/)

**What is a legal separation?** A court order which addresses all the above issues, but does not dissolve the marriage.

### What is the lawyer's role? A lawyer:

- Represents the client's best interests
- Serves as an advocate and negotiator
- Follows court procedures
- Drafts and files legal documents
- Gives practical and legal advice on rights and obligations
- Represents the client in court
- Can represent only one of the two parties as a client in a divorce action; however, may be involved in assisting that particular client in drawing up papers for the couple

### In an uncontested divorce with children, what final documents are usually submitted to the court with the final decree?

- Parenting plan
- Financial plan for the children - including child support
- Property settlement agreement

**Is having a lawyer required?** Individuals should consult a lawyer to assist them with the legal process. However, anyone may decide to handle the legal procedure on their own; this is called "self-help" or "pro se." For individuals who are unable to hire an attorney for an uncontested divorce, sample forms are available on the forms page of the Nebraska Supreme Court website: [www.supremecourt.ne.gov](http://www.supremecourt.ne.gov).

\*Reference: With permission from the Nebraska State Bar Association

## Suggested Reading List for Children



Blume, Judy - *It's Not the End of the World*

Brown, Laurene Krasny and Marc Brown - *Dinosaurs Divorce*

Casely, Judith - *Priscilla Twice*

Gardner, Richard - *The Boys and Girls Book About Divorce*

Krementz, Jill - *How It Feels When Parents Divorce*

Lansley, Vicki - *It's Not Your Fault, Koko Bear*

Masurel, Claire - *Two Homes*

Mayle, Peter - *Why Are We Getting A Divorce?*

Neuman, M. Gary - *Helping Your Kids Cope With Divorce the Sandcastles Way*

Park, Barbara - *Don't Make Me Smile*

Ransom, Jeanie - *I Don't Want to Talk About It*



Ricci, Isolina - *Mom's House, Dad's House for Kids*

Rosenberg, Maxine - *Living With A Single Parent*

Simoneau, DK - *We're Having A Tuesday*

Spelman, Corniela - *Mama and Daddy Bear's Divorce*

DVD: *Taking the "Duh" Out of Divorce*



## Suggested Reading List for Parents

- Ahrons, Constance - *The Good Divorce: Keeping Your Family Together When Your Marriage Comes Apart*
- Baris, Mitchell & Carla Garrity - *Children of Divorce: A Developmental Approach to Residence and Visitation*
- Emery, Robert - *The Truth About Children and Divorce*
- Long, Nicholas & Rex Forehand - *Making Divorce Easier on Your Child: 50 Effective Ways to Help Children Adjust*
- Garon, Risa - *Stop! In the Name of Love for Your Children: A Guide to a Healthy Divorce*
- Garrity, Carla & Mitchell Baris - *Caught in the Middle: Protecting the Children of High Conflict Divorce*
- Knox, David & Kermit Leggett - *Divorced Dad's Survival Book*
- Lewis, Jennifer & William Sammons - *Don't Divorce Your Children: Protecting Their Rights and Your Happiness*
- Marquies, Sam - *Getting Divorced Without Ruining Your Life*
- Newman, George - *101 Ways to be a Long-Distance SuperDad...Or Mom!*
- Ricci, Isolina - *Mom's House Dad's House*
- Ross, Julie & Judy Corcoran - *Joint Custody With a Jerk: Raising a Child With an Uncooperative Ex*
- Schneider, Meg & Joan Zuckenberg - *Difficult Questions Kids Ask and Are Afraid to Ask About Divorce*
- Thayer, Elizabeth - *The Co-Parenting Survival Guide: Letting Go of Conflict After a Difficult Divorce*
- Trafford, Abigail - *Crazy Time: Surviving Divorce and Building a New Life*
- Triere, Lynette & Richard Peacock - *Learning to Leave: A Woman's Guide*
- Wittman, Jeffery - *Custody Chaos, Personal Peace: Sharing Custody With an Ex Who Is Driving You Crazy*



## Timeline in a typical divorce

### Court process

- > **File a Complaint for Divorce** Date of filing  
*(Along with other required documents)*
  - > **Serving Notice to Spouse of Court Filing** 0–6 months  
*(If Notice is not accomplished within six (6) months of filing, the divorce complaint will be dismissed)*
  - > **Spouse Files Answer with Court** Within 30 days of receipt of Notice
  - > **Attendance at Parenting Education Class** Before hearing  
*Voluntary Negotiation or Mediation May Be Attempted to Create a Parenting Plan and/or other Agreements*
  - > **Request Hearing Date if Not Contested** No earlier than 60 days after spouse served
  - > **Request Trial Date if Contested** No earlier than 60 days after spouse served
  - > **Proposed Parenting Plan Submitted to Court** Before hearing  
*Court Shall Mandate Attendance at Mediation Sessions If Parenting Plan Not Submitted Within Local Court Rule's Timeline*
  - > **Hearing or Trial** No earlier than 60 days after spouse served
  - > **Divorce Decree**
- (The divorce is final 30 days after the decree is signed and filed for purposes of finance and appeal; however, neither party can remarry for 6 months plus one day after decree signed and filed with the district court clerk's office.)*

LEGAL RESOURCES—see back cover

## What is the purpose of creating a parenting plan?

The purpose of creating a **parenting plan** is to help parents and children experience a healthy adjustment to the changes experienced with separation. The effort made by parents to create a plan helps put the child at the center of the parents' decisions.



Simply put, a **parenting plan** is a . . .

*“blueprint” for how children are going to be parented after their parents have separated.*

In addition to indicating how the day-to-day time with the children will be shared, and how holidays and vacation time will be determined, a parenting plan can also include decisions on **parenting functions** such as:

- Which parent takes the children on unexpected snow days, teacher workshop days?
- How will it be decided which school the children will attend?
- Who will pick up and drop off children at day care?
- What are the transition (pick up and drop off) plans for the children going back and forth between Mom’s house and Dad’s house?
- How will the parents talk with each other about the children’s needs and concerns?
- How will the parents ensure the safety of the children?
- How can parents keep parental conflict away from the children?

A **parenting plan** may be created by the parents, or with assistance from lawyers or mediators.

A **parenting plan** is required by the court. It is a separate document filed with the court along with a **financial plan** and a **property settlement agreement**, two other documents submitted to the court for a divorce with children.

## Why mediate your parenting plan?

- Parents can simply and directly make decisions about custody, parenting time, holidays, children’s activities and daily care
- The mediation meeting is informal, comfortable, and is courtously guided by family mediators
- The sessions help the parents to work through divorce’s difficult emotions so that the focus can be on the child’s future
- Participating in mediation improves communication and problem solving
- Avoids costly and drawn out legal battles
- Improves long term benefits to children and parents
- Timely and economical
- Confidential



## How long will mediation take and what is the cost?

- Each case is unique, but on average, one to three sessions lasting two to four hours each
- A mediation session fee is charged per person; sliding fee scale including waiver is available if financially eligible

## What are the qualifications of a Parenting Act mediator?

In Nebraska, Parenting Act mediators are required to have a minimum of 60 hours of mediation training, including mediation of parenting plans, assessing the participants for ability to negotiate and safety, and basic financial and property issues. Specialized ADR facilitators have an additional training. An apprenticeship period with experienced mediators is required before working with families.

## How do I request mediation or specialized ADR? A request to mediate a parenting plan can be made at any time. A person can contact:

- For residents of Nebraska’s 93 counties including Douglas County: contact one of the six statewide ODR-approved mediation centers (*see page 15*)
- For residents of Douglas County: contact the Douglas County District Court Conciliation Court (*see page 15*)
- Private sector mediators—see yellow pages or web

## What is Parenting Act mediation and specialized ADR?

**What is Parenting Act mediation?** Parenting Act mediation is an informal problem solving process in which an experienced, impartial mediator meets with parents in a joint session to assist them in creating a parenting plan. The mediator does not make parenting decisions, but helps **both** parents to:



- Talk jointly about the children and the decisions needed for the parenting plan
- Reduce conflict or friction between the parents
- Provide a convenient, confidential place to talk
- Identify the child's needs as they relate to both current and future parenting functions
- Make mutual decisions for their children
- Create a final parenting plan that can be reviewed by lawyers, if engaged, and submitted to the court

**What is specialized ADR?** Specialized *alternative dispute resolution (SADR)* is a problem solving process with a goal similar to mediation. As in mediation, the facilitator does not make parenting decisions. The difference is that the SADR facilitator works with each parent individually and privately, rather than in joint session. This allows **each** parent to:

- Meet individually with the facilitator to talk about the children and their needs
- Identify issues and areas of concern regarding the best interests of the children
- Develop clear, safe plans for future communication, transition (exchange) of the children, and related matters
- Create a final parenting plan that satisfies each parent to be reviewed by lawyers and submitted to the court



Ⓢ *The mediation centers or the conciliation office will assist parents to select the best process.*

## What is included in the parenting plan?



This plan, filed with the court and approved by the judge, should include decisions about parenting functions and the following essential elements:

- Legal custody (decision-making authority for children)
- Physical custody (residence of children)
- Parenting time, holidays, vacations
- Notifying the other parent if the child's residence will change for more than 30 days
- Transition plan for exchange of the child(ren)
- Optional items such as safety plans; other individualized items
- Remediation (re-negotiation with a mediator) if needed

### What are parenting functions?



The term "parenting functions" refers to those basic everyday activities and decisions that parents do in raising a child, such as:

- Maintaining a safe, stable, consistent, nurturing environment
- Meeting the child's needs such as food, clothing, health, supervision, emotional stability
- Attending to the child's education, including remedial or other special education
- Minimizing the child's exposure to harmful parental conflict
- Assisting the child to maintain a safe, positive, appropriate relationship with each parent and others
- Giving appropriate support for social, academic, athletic, or other special interests of the child within the family's means

**What is a child's financial plan?** The Parenting Act states that the parenting plan shall be accompanied by a financial plan for the child which apportions payment between the parents for:

- Child support
- Medical, dental, eye care, costs and reimbursements
- Day care, education, other activity costs for the child

## Children Caught in the Middle of the Parents' Divorce: How Parents Can Help

### Divorce in the United States:

- ❑ One out of two marriages end in divorce.
- ❑ Divorcing parents tend to provide less time, less discipline, and tend to be less sensitive to the child as they are caught up in their own divorce struggles and the aftermath.
- ❑ Many parents find it difficult to separate their needs from the child's need.
- ❑ Divorce is an "adult-centered vision;" children get caught in the middle of conflict.
- ❑ Parents' relationships range from "cooperative," to "business-like," to "angry" to "toxic;" and these can either help or harm children.

### What does this mean?

- ❑ Family disruption can create a lack of crucial parental support for the child.
- ❑ The child can experience difficulty thriving or even surviving in school, with friends, family, and at work and in the community.
- ❑ While separating, many parents experience a sense of chaos and disorganization and are unable to parent as effectively as before.
- ❑ If diminished parenting continues, it disrupts the child's normal emotional and developmental growth and functioning.
- ❑ Children often don't feel safe, nor secure; can be fearful of their place in the family and in life. They are without clear guidance on what is right and wrong. They are more apt to struggle with loss, isolation, loneliness and suffering. The child must themselves struggle with feeling divided between two homes with different values.

### Is there good news?

- ❑ Studies show that children of divorce tend to do well if mothers and fathers resume parenting roles, put differences aside, and allow children to continue having relationships with each parent.
  - ❑ Most children do reasonably well within two years of the divorce. It is period of the separation and divorce itself which is most traumatic for children.
  - ❑ Research by Robert Emery, Ph.D. shows that parents who choose to mediate their parenting decisions rather than litigate have a much higher long-term level of parental access to the children, including time spent with each parent, more frequent time with the children, and much higher participation in the child's discipline, special events, school and church functions, holidays and vacations.



## Placing the Child

### at the Center



### of Parents' Lives

#### Placing the child at the center includes:

- ❑ Giving the children extra attention, extra hugs.
  - ❑ Explaining the divorce or separation to the child.
  - ❑ Letting the children know that the divorce is not their fault.
  - ❑ Reassuring the children that both parents still love them.
  - ❑ Giving your child permission to ask questions.
  - ❑ Telling the child it's okay to love "the other parent."
  - ❑ Allowing the child to express feelings—it's OK.
  - ❑ Reassuring children that they will always be cared for, and then follow through.
  - ❑ Describing what they can expect (court, living arrangements, etc).
  - ❑ Providing familiar surroundings and routines.
  - ❑ Following similar routines for meals, bedtime, homework.
  - ❑ Handling rules and discipline in similar ways.
  - ❑ Allowing the child to carry important items such as clothing, toys, security blankets with them between the parents' homes.
  - ❑ Being flexible so the child can share in special events.
  - ❑ Giving as much advance notice to the other parent about special occasions.
  - ❑ Using mediation or specialized ADR as a way to work through children's schedules, living arrangements, and future plans with the other parent.
  - ❑ Contacting community resources and using the legal system if concerned about your child's safety while with the other parent.
  - ❑ Participating in a divorcing parents education class.
  - ❑ Listening to your child.
- #### Children are harmed when parents:
- ❑ Pretend the separation/divorce has no effect on the children.
  - ❑ Use the child as emotional support.
  - ❑ Ask the child to deliver messages to the other parent.
  - ❑ Ask the child questions about the other parent's life.
  - ❑ "Puts down" the other parent in front of the child.
  - ❑ Make the child choose between mom and dad.
  - ❑ Discuss their personal problems (money, sexual issues, etc) with the child or within the child's range of hearing.
  - ❑ Withhold access to the child because child support has not been paid.