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Mediators can help during a divorce

The emotional issues that parents encounter during and after a divorce often require outside assistance, and while many will resort to litigation to get this outside assistance, the best way to maintain peace and civility during a divorce and beyond is to use a mediator.

Even though a parent may demand sole custody of his or her child, in most cases custody will be split between the parents. Mediation can help parents decide how to allocate their time with their kids and set the

ground rules that each must follow.

In addition, it can help with questions such as who will decide what school the children will attend. Can one parent take the children out of the state for a vacation or can a parent relocate the child out of state? Over time, issues like these are bound to come up, and it is important to have a neutral third party to help find middle ground.

While most people believe a finalized divorce means no more negotiations, there will always be unforeseen circumstances that arise after the divorce. As children develop, new issues need to be dealt with. Many divorced couples make the mistake of not returning to mediation as these issues come up, something that can lead to troublesome co-parenting.

Like it or not, unforeseen situations will occur after a divorce is finalized, especially when children are involved. Having constant "check-ins" with mediators and immediately reaching out to a mediator when an issue comes up will allow divorced couples to defuse any problems, and prevent co-parenting relationships from becoming toxic.

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