

The following is a list of common restraints and requirements regarding child custody. It can be added to and items can be removed as you prefer.

1. Requiring each parent to keep the other informed of changes or anticipated changes in address or phone number;
2. Requiring the custodial parent to inform the other parent of any changes in pediatrician, school, church or extracurricular activities;
3. Requiring the custodial parent to inform the other parent of any of the children's medical, school, church or extracurricular activities to which parents are invited;
4. Restraining both parties from exposing the children to paramours overnight;
5. Restraining both parties from disparaging the other or the other's family or allowing those around them to do so;
6. Restraining both parties from smoking, cursing, being intoxicated, using illegal drugs or abusing prescription drugs in front of the children or while exercising custody or visitation with the children;
7. Restraining both parties from exposing the children to immoral conduct;
8. Restraining both parties from exposing the children to violent, sexually explicit or age inappropriate media;
9. Restraining both parties from exposing the children to domestic violence;
10. Allowing reasonable telephone access;
11. Allowing any responsible adult family member (or other named adults) to pick up or drop off the children for visitation;
12. Setting the responsibilities and costs for visitation transportation;
13. Requiring copies of report cards and health records be provided to noncustodial parent;
14. Requiring each parent to engender respect for the other in the children and requiring each to encourage the children to hold the other parent in high regard;
15. Restraining parents from allowing or encouraging the children to call the step-parents "mommy" or "daddy";
16. Allowing or restraining contact between the children and other family members, regardless of which parent the children are with;
17. Allowing or restricting corporal punishment;
18. Requiring written itineraries whenever either parent takes the children out of state;
19. Requiring notice or prohibiting a move with the child out of state or a particular distance from the non-custodial parent's current residence.