



## WHAT IS A COMMUNICATION BOOK?

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In cases where parents have difficulty communicating about their children, the court often orders that the parents use a communication book.

What is that?

A communication book provides a way for parents to communicate important issues and events relating to their child, without face-to-face interaction, in order to avoid disputes.

The child typically carries the book in their bag between visits to each parent. It is preferable if it is a bound book with numbered pages.

It is important that parents only make entries in the book that are brief and child-focussed. It should not be used for argumentative or self-serving reasons.



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