

Communication diaries

In an ideal world, when a child has more than one home, parents or carers are able to talk and exchange information between them which helps the child have a consistent experience and eases transition times.

However, sometimes parents and carers are unable to talk directly easily. In these cases, it can be helpful to use a communication diary in which relevant information about your child is passed between the parents/carers.

When writing information about your child, keeping it simple is probably key. A communication diary is not complicated: you write down what your child is doing, and anything that the other parent needs to know to help look after them.

Very importantly: your child is going to have access to this, so remember to write nothing (even if they can't read) that wouldn't be OK for them to see.



JFCAS
Jersey Family Court
Advisory Service

Communication diary

Health and wellbeing

Date:

Emotions and behaviour

Date:

School/education issues

Date:

Positive news/achievements/other important information

Date: