



Successful Co-Parenting A Child's View

Ohio State University

<https://youtu.be/Edb9plpHO7k>



www.andfs.com

Who We Are

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What is Trauma?

Trauma is an exceptional experience in which powerful and dangerous events overwhelm a person's capacity to cope. Trauma is different from stress. An exceptional experience is a powerful, shocking, and extraordinary event — not a typical part of life.

(Excerpted from the ZERO TO THREE publication: *Hope and Healing: A Caregiver's Guide to Helping Young Children Affected by Trauma* by Kathleen Fitzgerald Rice and Betsy McAlister Groves, in press.)

How Bad Could It Be?

The Adverse Childhood Experiences (ACE) Study

“Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults”

A collaborative effort of Kaiser Permanente and The Centers for Disease Control

Vincent J. Felitti, MD & Robert F. Anda, MD

What Was the ACEs Study?

- The largest study of its kind ever done to examine the health and social effects of adverse childhood experiences over the lifespan.
- Over 17,000 participants.
- The majority of participants were 50 or older (66%), white (75%), and had attended college (75%).
- 54% were female. 46% male.

Want to read more? Use this link to read more detailed information about the original study. <http://www.ajpm-online.net/article/PIIS0749379798000178/abstract> or for the most current information:

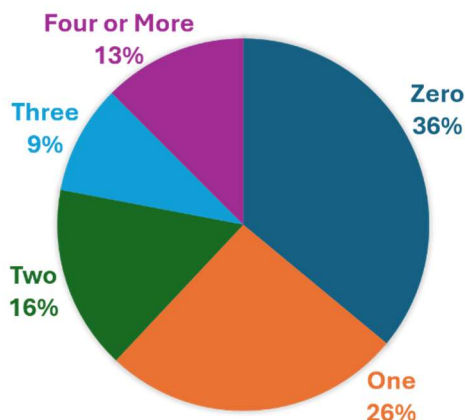
<https://www.cdc.gov/violenceprevention/aces>



What Counts as an ACE?

- Emotional Abuse
- Physical Abuse
- Sexual Abuse
- Emotional Neglect
- Physical Neglect
- Household Substance Abuse
- Household Mental Illness
- Parental Separation/Divorce
- Domestic Violence
- Imprisoned Household Member

How Common are ACEs?



What Conditions Are Linked?

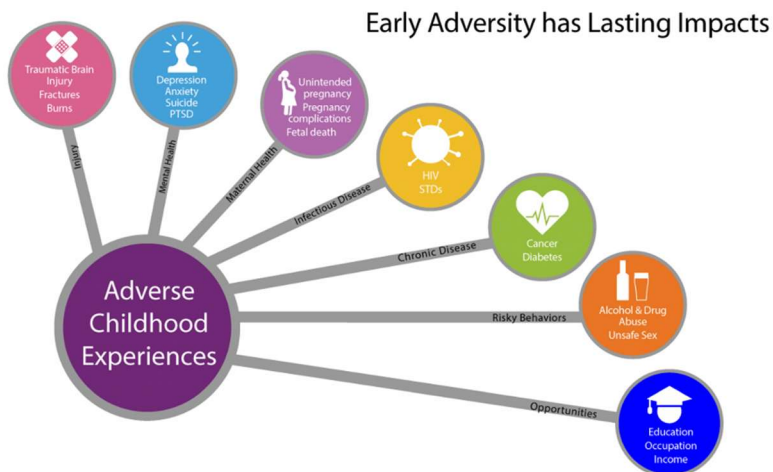
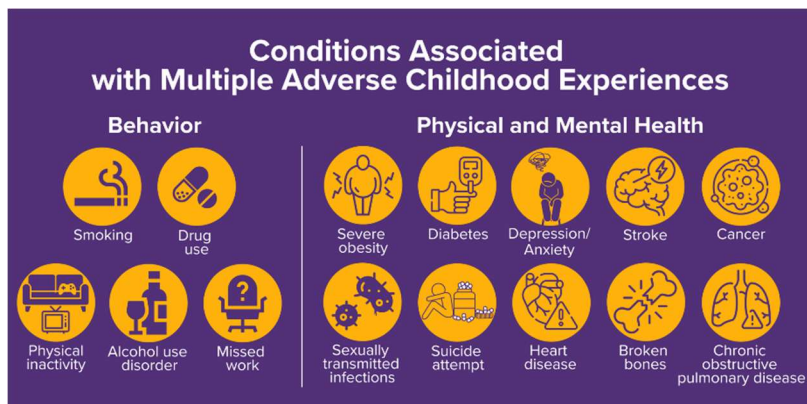
- Smoking
- Chronic Obstructive Pulmonary Disease (COPD)
- Alcohol Abuse & Alcoholism
- IV Drug Use
- Ischemic Heart Disease
- Obesity
- Diabetes
- Liver Disease
- Poor health-related quality of life
- Risk of intimate partner violence
- Risk of rape
- Multiple sexual partners
- Sexually transmitted diseases
- Depression and suicide
- Unintended pregnancies
- Fetal death

What did they find?

ACEs Rarely Occur in Isolation...

They come in groups. Given an exposure to one category, there is an 80% likelihood of exposure to another.

As the number of ACE increases, the number of co-occurring or “co-morbid” conditions increases.



Consequences of ACES

The underlying mechanisms by which ACEs exert their effects on health are through the development of **toxic stress**, a prolonged or excessive activation of the stress response system. Nearly all people experience stress, such as the stress felt before an important test or job interview. However, chronic stress sustained over time **can be damaging to the body and the brain, particularly for children**, because the earliest years are a critical time for development. The accumulation of excessive stress in the body

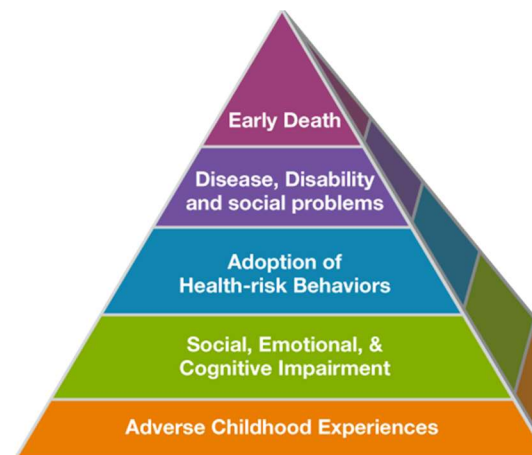
interferes with the development of healthy neural, immune and hormonal systems and **can alter the expression of our DNA**. Multiple ACEs over time — especially without adequate adult support — **can affect the nervous, endocrine and immune systems, and have lasting effects on attention, behavior, decision-making and response to stress throughout a lifetime.**

How Does It Happen?

Death



Birth



The impact of ACEs

ACEs impact a child's development, their relationships with others, and increase the risk of engaging in health-harming behaviors and experiencing poorer mental and physical health outcomes in adulthood. Compared with people with no ACEs, those with 4+ ACEs are:



<https://www.youngminds.org.uk/professional/resources/understandingtrauma-and-adversity/>

How big is the problem?

- ACEs are common. About 64% of adults in the United States reported they had experienced at least one type of ACE before age 18. Nearly one in six (17.3%) adults reported they had experienced four or more types of ACEs.
- Three in four high school students reported experiencing one or more ACEs, and one in five experienced four or more ACEs.
- ACEs that were most common among high school students were emotional abuse, physical abuse, and living in a household affected by poor mental health or substance abuse.
- ACEs are common. About 64% of adults in the United States reported they had experienced at least one type of ACE before age 18. Nearly one in six (17.3%) adults reported they had experienced four or more types of ACEs.
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- ACEs that were most common among high school students were emotional abuse, physical abuse, and living in a household affected by poor mental health or substance abuse.
- ACEs are costly. ACEs-related health consequences cost an estimated economic burden of \$748 billion annually in Bermuda, Canada, and the United States.

What Does It Prove?

"The ACE study reveals a powerful relationship between our emotional experiences as children and our physical and mental health as adults, as well as the major causes of adult mortality in the United States. It documents the conversion of traumatic emotional experiences in childhood into organic disease later in life. How does this happen, this reverse alchemy, turning the gold of a newborn infant into the lead of a depressed, diseased adult? The study makes it clear that time does not heal some of the adverse experiences we found so common in the childhoods of a large population of middle-aged, middle class Americans. One does not 'just get over' some things, not even fifty years later^{1,2}

¹ Weiss JS, Wagner SH. What explains the negative consequences of adverse childhood experiences on adult health? Insights from cognitive and neuroscience research (editorial). American journal of preventive medicine. 1998; 14:356-360.

² English translation of: Felitti VJ. Belastungen in der kindheit und gesundheit im erwachsenenalter: die verwandlung von gold in blei. Z psychosom med psychother 2002; 48(4):359-369. Children are at risk for impairment across seven domains Complex Trauma in Children and Adolescents, National Child Traumatic Stress Network www.NCTSN.net

How are children affected by trauma?

More information: www.NCTSN.net

Children are at risk of impairment across seven domains

Complex Trauma in Children and Adolescents, National Child Traumatic Stress Network

Attachment

- Uncertainty about the reliability and predictability of the world
- Problems with boundaries
- Distrust and suspiciousness
- Social isolation
- Interpersonal difficulties
- Difficulty attuning to other people's emotional states
- Difficulty with perspective taking
- Difficulty enlisting other people as allies

Biology

- Sensorimotor developmental problems
- Hypersensitivity to physical contact
- Analgesia (inability to feel pain)
- Problems with coordination, balance, body tone
- Difficulties localizing skin contact
- Somatization (psychological distress expressed as physical symptoms)
- Increased medical problems across a wide span e.g., pelvic pain, asthma, skin problems, autoimmune disorders, pseudoseizures

Affect Regulation

- Difficulty with emotional self-regulation
- Difficulty describing feelings and internal experience
- Problems knowing and describing internal states
- Difficulty communicating wishes and desires

Dissociation

- Distinct alterations in states of consciousness
- Amnesia
- Depersonalization and derealization
- Two or more distinct states of consciousness, with impaired memory for state-based events

Behavioral Control

- Poor modulation of impulses
- Self-destructive behavior
- Aggression against others
- Pathological self-soothing behaviors
- Sleep disorders
- Substance abuse
- Excessive compliance
- Oppositional Behavior
- Difficulty understanding and complying with rules
- Communication of traumatic past by reenactment in day-to-day behavior or play

Cognition

- Difficulties in attention regulation and executive functioning
- Lack of sustained curiosity
- Problems with processing novel information
- Problems focusing on and completing tasks
- Difficulty planning and anticipating
- Problems understanding own contribution to what happens to them
- Learning difficulties
- Problems with language development
- Acoustic and visual perception problems
- Impaired comprehension of complex visual-spatial patterns

Self-Concept

- Lack of a continuous, predictable sense of self
- Poor sense of separateness
- Disturbances of body image
- Low self-esteem
- Shame and guilt



Coparenting can work

Voice of the Child of Divorce

<https://youtube.com/watch?v=lbTFcvHo4>



Normal Reactions of Children

- Anger
- Anxiety
- Mild Depression
- Splitting
- Annoyance
- Transition Issues

Red Flags for More Serious Problems

- Sleep problems
- Poor concentration
- Trouble at school
- Drug or alcohol abuse
- Self-injury, cutting, or eating disorders
- Frequent angry or violent outbursts
- Withdrawal from loved ones
- Refusal of loved activities
- Reports of Abuse

Signs You and Your Coparent Need to Ask for Help

- High conflict
- Inability to make decisions together
- Refusal to engage in discussions about children
- High emotion in communication
- Frequent filings in court
- Inability to resolve small issues without court intervention
- All blame on other parent
- History of separation between child and one parent

What Help Is There?

Mediation

- Sometimes offered by the court
- Privately available
- Outcome determined by the parties
- Mediators can be attorneys or therapists
- Available for any case where both parties want to try to settle their differences themselves, without court intervention
- Order has same full force and effect as any other order from the family court

Individual Therapy

- Aimed at helping one person address areas of their life that they are struggling with.
- Can address emotional, cognitive, and behavioral issues.
- For adults and children.

Family Therapy

- Helps the family system figure out how to handle problems within the system
- Aimed at improving the functioning of all family members
- Can include the whole family or specific people within the family

Reunification Therapy

- Child focused
- Moves at the child's pace
- Aimed at helping a parent and child reestablish a relationship after a period of separation or trauma.
- Aimed at identifying and processing issues that have occurred as a result of or leading up to the lack of contact.
- Helps the parent understand their child's needs for an ongoing relationship

Coparent Counseling

- Helps provide both parents the opportunity to learn how to better coparent through cooperation, communication, compromise, and consistency.
- Can be court ordered or by agreement by the parties
- Addresses issues that interfere with their ability to interact with the other in a respectful way that may have carried over after a romantic relationship has ended
- Stress between parents impacts children living in the middle – Co-parent counseling aims to reduce that stress and improve family functioning, even if that family has two, or more, homes

Supervised Visits – Changed by Kayden's Law

Nonprofessional Supervision

- No training required
- Family, friends, etc.

Professional Supervision

- Training required by Kayden's Law
- All contact supervised very closely: earshot/eyeshot
- Redirect behavior or communication as necessary
- Child's physical and emotional well-being are always the focus of the visit

Therapeutic Supervision

- Allow parents in high-conflict or high-risk situations access their children in a safe and supervised environment with licensed mental health professional
- Protects children from potentially dangerous situations while allowing parental access with support for the parent-child relationship

Monitored Exchange

- Custody exchanges at the office or another location supervised by staff

Custody Evaluation

- Aimed at determining underlying issues impacting custody
- Makes recommendations about physical and legal custody
- Only done by psychologist or other licensed mental health professional approved by the court

Home Study

- In-home assessment of either party's home and the child's living space



Drug Testing

- If you are concerned that your child's other parent may be engaged in drug or alcohol abuse, and thus creating an unsafe environment for your child, you have the right to request that they be drug and/or alcohol tested.
- Urine, hair, nail or blood tests can be ordered



Types of Custody

Legal Custody

- Decisions
- Information
- Education, Religion, Medical

Physical Custody

- Shared
- Partial
- Visitation

Custody Schedules

- 50/50
- Every Other Weekend
- Dinner Visits
- Holidays
- Vacation
- Birthdays
- Mother's/Father's Day
- School Year vs. Summer
- **As Parties May Agree**

Custody vs. Child Support

Custody

- Physical Custody
- Legal Custody
- Determined in Custody Court
- Not dependent on child support

Child Support

- Financial Support
- Determined by Domestic Relations
- Not dependent on custody

Conference/Hearing

- With an employee of the court:
 - Custody Master
 - Hearing Officer
 - Conciliator
- You may have an attorney
- Establishes issues and explores settlement options
- Determines if the case goes to trial
- Can issue interim, agreed or recommended orders

Trial

- In front of a Judge
- You may have an attorney
- Judge makes decision in matter based on evidence presented
- Considers Factors for Child Custody established by Pennsylvania law

No One Wins in Custody Court

Coming back to court

Modification

- To change an existing order
- Changes to legal custody provisions
- Changes to physical custody schedules
- Any order can be modified by the court until the minor child is 18

Contempt

- To enforce an existing order
- When someone is not complying with the order
- Can be for either legal custody or physical custody issues
- Punishments can be issued by the court

Relocation

- Must petition for permission to move if the other parent does not agree
- The location or area is defined in your court order
- Examine the proposed move and how it will impact your child

6 Ways To Evenly Split Child Custody

Every Other Week

Su	Mo	Tu	We	Th	Fr	Sa
	Su	Mo	Tu	We	Th	Fr
		Sa				

Every Other Week + Overnight

Su	Mo	Tu	We	Th	Fr	Sa
	Su	Mo	Tu	We	Th	Fr
		Sa				

3-3-4-4

Su	Mo	Tu	We	Th	Fr	Sa
	Su	Mo	Tu	We	Th	Fr
		Sa				

2-2-5-5

Su	Mo	Tu	We	Th	Fr	Sa
	Su	Mo	Tu	We	Th	Fr
		Sa				

2-2-3

Su	Mo	Tu	We	Th	Fr	Sa
	Su	Mo	Tu	We	Th	Fr
		Sa				

Every Other Day

Su	Mo	Tu	We	Th	Fr	Sa
	Su	Mo	Tu	We	Th	Fr
		Sa				

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Special Relief/Emergency Custody

- Only in exceptional circumstances where there is imminent risk of harm to the child.
- Expedited evidentiary hearings are held
- Prioritize the child's immediate safety and wellbeing

12 Factors for Child Custody in Pennsylvania (Effective August 29, 2025)

- Title 23 § 5328. Factors to consider when awarding custody

- 1) Which party is more likely to ensure the safety of the child.
- 2) The present and past abuse committed by a party or member of the party's household, which may include past or current protection from abuse or sexual violence protection orders where there has been a finding of abuse.
 - a. The information set forth in section 5329.1(a) (relating to consideration of child abuse and involvement with protective services).
 - b. Violent or assaultive behavior committed by a party.
 - c. The level of cooperation and conflict between the parties, including:
- 3) Which party is more likely to encourage and permit frequent and continuing contact between the child and the other party or parties if contact is consistent with the safety needs of the child; and
- 4) The attempts by a party to turn the child against the other party, except in cases of abuse, where reasonable safety measures are necessary to protect the safety of the child. A party's good faith and reasonable effort to protect the safety of a child or self shall not be considered evidence of unwillingness or inability to cooperate with the other party. A party's reasonable concerns for the safety of the child and the party's reasonable efforts to protect the child shall not be considered attempts to turn the child against the other party. A child's deficient or negative relationship with a party shall not be presumed to be caused by the other party
- 5) A willingness and ability of a party to prioritize the needs of the child by providing appropriate care, stability and continuity for the child, considering the parental duties performed by the party on behalf of the child in the past and whether the party is willing and able to perform the duties in the future, and attend to the daily physical, emotional, developmental, educational and special needs of the child.
- 6) The need for stability and continuity in the child's education, family life and community life, except if changes are necessary to protect the safety of the child or a party.
- 7) The child's sibling relationships.
- 8) The well-reasoned preference of the child, based on the child's developmental stage, maturity and judgment.
- 9) The proximity of the residences of the parties.
- 10) Each party's employment schedule and availability to care for the child or ability to make appropriate child-care arrangements.
- 11) The history of drug or alcohol abuse of a party or member of a party's household.
- 12) The mental and physical condition of a party or member of a party's household.
- 13) Any other relevant factor.

*Prior to August 29, 2025, there were 16 Factors that the court considered. Factors 5, 8, 9, 10, and 13 were deleted by amendment and incorporated into other factors or eliminated. **See:** <https://www.palegis.us/statutes/consolidated/viewstatute?txtType=HTM&ttl=23&div=00.&chapter=053.§ion=028.&subscn=000>

*Kayden's Law (Senate Bill 55), took effect in Pennsylvania on August 13, 2024. It aimed to improve child safety concerns in custody cases after Kayden was killed by her father on an unsupervised visit. The legislation changed the custody factors to focus more on the safety of the child, established a preference for professional supervision, added crimes to the mandatory criminal history disclosure that courts must consider, and requires training for judges and professionals who provide services to families in the custody system.



Advice to parents from Children of Divorce

Florida State University

<https://www.facebook.com/watch/?v=181280099100316>

(No longer available on YouTube)



What Is Coparenting

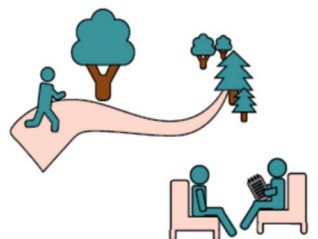
- The term “co-parenting was coined to describe a parenting relationship in which the two parents of a child aren’t romantically involved, however still presume joint obligation for the upbringing of their child.
- Sometimes, social experts likewise utilize the term to describe any two people who’re jointly raising a kid, regardless of whether they’re both biological moms and dads
- or have ever been romantically linked (i.e. a single mama raising a kid with the aid of her own mother).
- In coparenting plans, both parents choose to put aside their personal differences to establish and execute a plan that they feel is in the best interest of their kid’s development.
- Needs recurring communication, troubleshooting, and mutual duty

www.creditvisionary.com/what-is-co-parenting-definition-and-tips-for-custody-agreement

Advantages of Healthy Coparenting

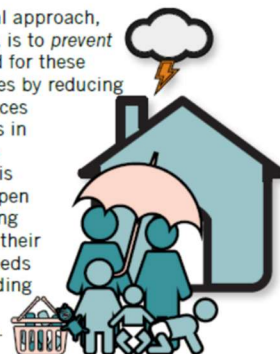
- Stability
- Limited parentification
- Solid relationships
- Limited Splitting
- Conflict Resolution
- Ultimately, effective coparenting assists in alleviating the social and psychological consequences of a separation or divorce.
- Coparenting doesn’t take away all of the discomfort of a split, but it does reduce the damage and offers a safe environment where youngsters can successfully incorporate the sadness of the break up into their development

WE CAN REDUCE THE EFFECTS OF ACEs AND TOXIC STRESS.



For those who have experienced ACEs, there are a range of possible responses that can help, including therapeutic sessions with mental health professionals, meditation, physical exercise, spending time in nature, and many others.

The ideal approach, however, is to *prevent* the need for these responses by reducing the sources of stress in people’s lives. This can happen by helping to meet their basic needs or providing other services.



Likewise, fostering strong, responsive relationships between children and their caregivers, and helping children and adults build core life skills, can help to buffer a child from the effects of toxic stress.

Center on the Developing Child,
Harvard University

<https://developingchild.harvard.edu/ACEs>

Building Resilience in Children



Create a coparenting plan

- Legal Custody
- Physical Custody
- Healthcare
- Education
- Discipline
- Ongoing communication
- Activities, Sports, Events
- Emergency Preparation
- Future Relationships
- Finances
- Child Support
- Making changes
- Resolving disputes



There's An App for That...



Peaceful CoParenting Messenger

Please Remember...This Is Your Kid's Life

- This was not their choice – It was yours
- Your choices impact them – Your behaviors affect them
- What you say and do matters
- Most important thing to them – That they are loved by their whole family

Elizabeth Marquardt, *Between Two Worlds: The Inner Lives of Children of Divorce*, Harmony, 2006.

Types of families

- Marriage
- Separation
- Divorce
- Adoption
- Cohabitation
- Multigenerational
- Foster
- Blended
- Created

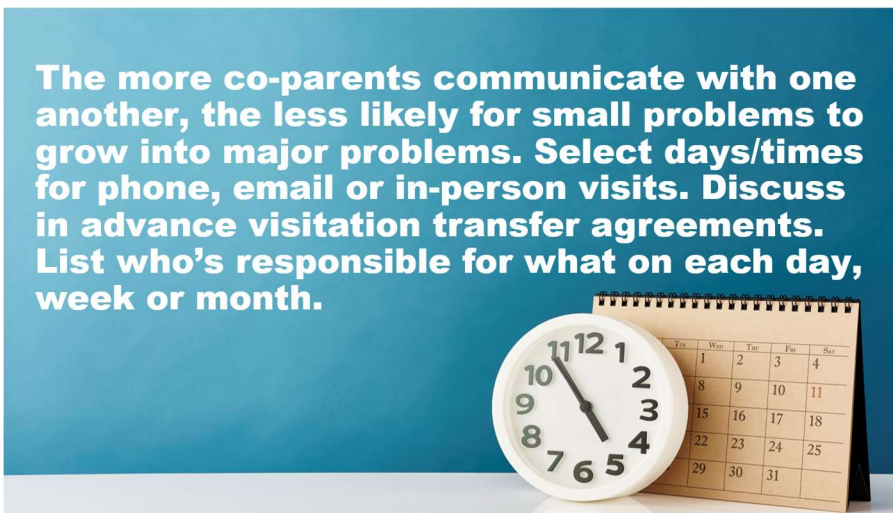
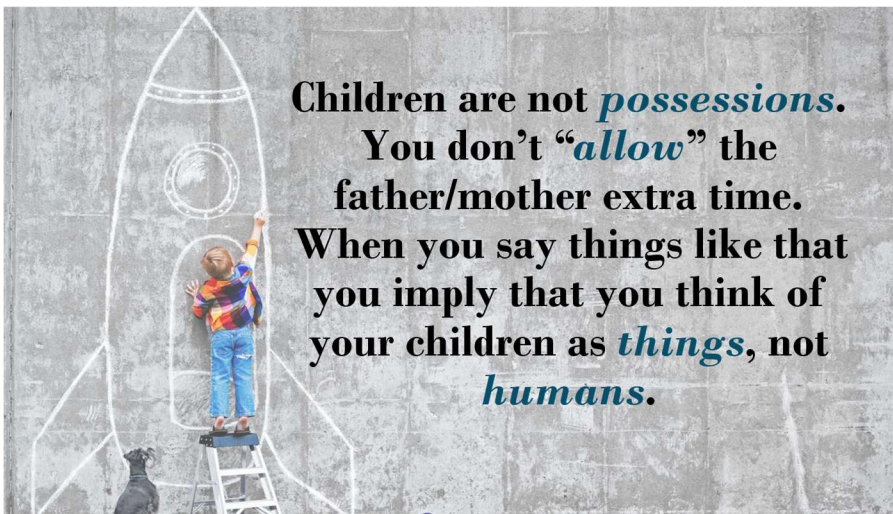
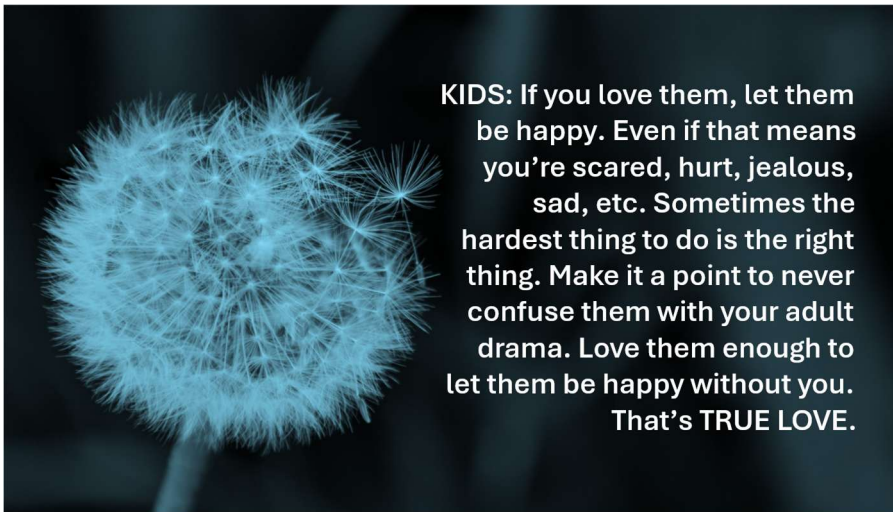
You will always be your child's family.

If you choose to have a child with someone, you automatically choose to be a parent with that person. You don't get the right to change your mind just because it didn't turn out the way you expected it to. You still have to be a parent with the other person. Do what's best for your child...not what's best for you.



- Speak positively about (don't badmouth) the other parent
- Know and use "emotional etiquette" when talking to the other parent within earshot of a child
- Keep negative feelings about the other parent to yourself – don't make them choose sides
- Learn to work with your ex – cooperate with respect
- Never make assumptions
- Communicate through phone and email
- Ask for his/her opinion
- Listen
- Check with the other parent(s) about clothes and needed supplies
- Keep reviewing logistics
- Think quality over quantity
- Focus on the kids
- Tell the truth and stay age appropriate
- Children should not be pumped for information about the other parent after visits
- Children should not be used as messengers for anything
- Don't try to one up the other parent with gifts and trips

CO-PARENTING IS NOT A COMPETITION. IT'S A COLLABORATION OF TWO HOMES WORKING TOGETHER WITH THE BEST INTEREST OF THE CHILD AT HEART. WORK FOR YOUR KIDS NOT AGAINST THEM.



- Stay positive about the future
- Don't despair, accept
- Find an outlet for your frustration
- Tame your temper
- Cope with loneliness
- Enjoy your time off
- Keep your side of the street clean
- Take ownership
- Apologize
- Keep promises to children
- Keep promises to the other parent
- Set clear boundaries and maintain structure
- Maintain your values and live them from integrity
- Have and keep an exact schedule of visitation hours
- Be on time
- Remember that parenting is forever
- Affirm his/her relationship with your children
- Don't treat your children like possessions either – they are "ours" not "mine"
- Something small to you may be big to the other parent
- Be consistent
- Be considerate
- Keep trying
- Show restraint
- Befriend the new love
- Stay hopeful
- Use empathy and your child's perspective
- Relinquish control and accept what's happening

Resources Cited:

¹web.extension.illinois.edu

²www.parents.com/parenting/divorce/children/tips-for-better-co-parenting-after-divorce

³www.goodtherapy.org/blog/5-co-parenting-tips-for-newly-divorced-parents-0421164/amp

Respond Don't React (**Stop**, **Think**, **Breathe**, **Answer**)

Managing Communication

- Keep it simple
- When verbal communication is impossible, email or text works – or use an app
- Reread before you hit send
- Keep the drama out of it when reading messages
- Make sure your child knows you talk to each other
- Don't degrade the other parent
- Make sure everyone knows about important events
- Be polite
- Explain

Social Media

- Don't air dirty laundry
- Remember your kids, their friends, their friend's parents, your family, their family, their teachers, their coaches, everyone may read what you post
- Monitor the posts of other people in your life
- Decide together whether it is okay to share information
- If your children have social media, monitor it
- Each parent/guardian should know and have access to a child's social media
- Share the parental controls when possible

Dating

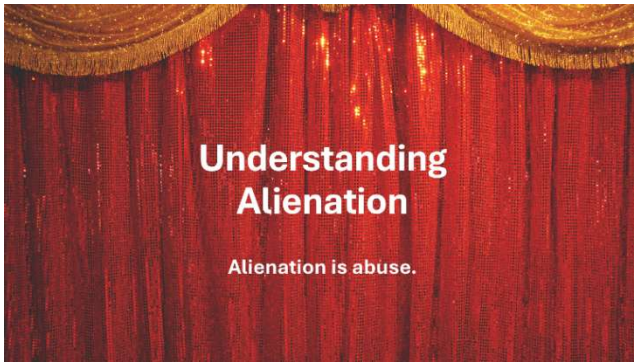
- Tell the other parent first before introducing your child
- Wait to make sure this person will be around for a while – don't pile on losses for your child
- How long? – At least six months
- Give the other parent basic information
- Remember, you like them, but your child may not
- Don't try to replace a parent with your new love
- Don't force your child to interact
- This person is for you, not your child

Blending Two Families

- Remember that it won't happen overnight
- Spend time letting everyone get to know each other
- Always inform the other parent before you change your child's household composition – it's not their secret to keep
- Set family rules
- Be consistent
- Be prepared for personality clashes
- Don't forget to spend alone time with your child – they need to know you still love them and they are still special

If a mother and father can love more than one child then why is it so hard to understand that a child can love more than one mother and father?





Alienation is Emotional Abuse

Parental Alienation Emotional Child Abuse Documentary

<https://youtu.be/Ey7ud-ZiPmM>



8 Warning Signs of Parental Alienation

- **A Campaign of Denigration**

Alienated children are consumed with hatred of the targeted parent. They deny any positive past experiences and reject all contact and communication. Parents who were once loved and valued seemingly overnight become hated and feared.

- **Weak, Frivolous, and Absurd Rationalizations**

When alienated children are questioned about the reasons for their intense hostility toward the targeted parent, the explanations offered are not of the magnitude that typically would lead a child to reject a parent. These children may complain about the parent's eating habits, food preparation, or appearance. They may also make wild accusations that could not possibly be true.

- **Lack of Ambivalence About the Alienating Parent**

Alienated children exhibit a lack of ambivalence about the alienating parent, demonstrating an automatic, reflexive, idealized support. That parent is perceived as perfect, while the other is perceived as wholly flawed. If an alienated child is asked to identify just one negative aspect of the alienating parent, he or she will probably draw a complete blank. This presentation is in contrast to the fact that most children have mixed feelings about even the best of parents and can usually talk about each parent as having both good and bad qualities.

- **The "Independent Thinker" Phenomenon**

Even though alienated children appear to be unduly influenced by the alienating parent, they will adamantly insist that the decision to reject the targeted parent is theirs alone. They deny that their feelings about the targeted parent are in any way influenced by the alienating parent and often invoke the concept of free will to describe their decision.

- **Absence of Guilt About the Treatment of the Targeted Parent**

Alienated children typically appear rude, ungrateful, spiteful, and cold toward the targeted parent, and they appear to be impervious to feelings of guilt about their harsh treatment. Gratitude for gifts, favors, or child support provided by the targeted parent is nonexistent. Children with parental alienation syndrome will try to get whatever they can from that parent, declaring that it is owed to them.

- **Reflexive Support for the Alienating Parent in Parental Conflict**

Intact families, as well as recently separated and long-divorced couples, will have occasion for disagreement and conflict. In all cases, the alienated child will side with the alienating parent, regardless of how absurd or baseless that parent's position may be. There is no willingness or attempt to be impartial when faced with interparental conflicts. Children with parental alienation syndrome have no interest in hearing the targeted parent's point of view. Nothing the targeted parent could do or say makes any difference to these children.

- **Presence of Borrowed Scenarios**

Alienated children often make accusations toward the targeted parent that utilize phrases and ideas adopted from the alienating parent. Indications that a scenario is borrowed include the use of words

or ideas that the child does not appear to understand, speaking in a scripted or robotic fashion, as well as making accusations that cannot be supported with detail.

- **Rejection of Extended Family**

Finally, the hatred of the targeted parent spreads to his or her extended family. Not only is the targeted parent denigrated, despised, and avoided but so are his or her extended family. Formerly beloved grandparents, aunts, uncles, and cousins are suddenly and completely avoided and rejected.

<http://www.socialworktoday.com/archive/102708p26.shtml>

Types of Alienation

- Disparaging comments about you or about your significant other or close members of your family
- Trying to replace your role as a parent by infusing another into that role
- Undermining your parental discipline and authority
- Playing the role of the victim to the children, with you as the perpetrator; or
- Making false allegations of abuse against you.

Focus on Hope

Final ideas to help our kids

Please Remember...This Is Your Kid's Life

- This was not their choice – It was yours
- Your choices impact them – Your behaviors affect them
- What you say and do matters
- Most important thing to them – That they are loved by their whole family

Talking to Your Kids

- Simple concrete explanations
- May ask questions over time – keep answers short and blame free
- Expect reconciliation hopes
- Name feelings they may be having – give them room to tell you how they feel
- Keep communication open
- Call them on attempts to split or manipulate
- Talk to them as a team when possible
- Watch for guilt parenting

Final Challenge

- Come up with 1 positive parenting skill that your ex has
- Back down from an argument and walk away
- Thank your ex for something positive when it happens
- Smile when you see your ex
- Be thankful for what you do have even though it's not always the best
- Treat your ex the way you want your ex to treat you

Questions?

- You can reach us on our website. We cannot provide legal advice.
- Your local family court has a list of approved therapists, counselors, and visitation providers.
- Not all services are covered by insurance.

