

# Getting on Better (2024)

Parent roles: for separated parents



➔ When parents separate, they sometimes do things that can put their children in difficult positions. Do you recognise any of these behaviours? Flip the card to find out more.

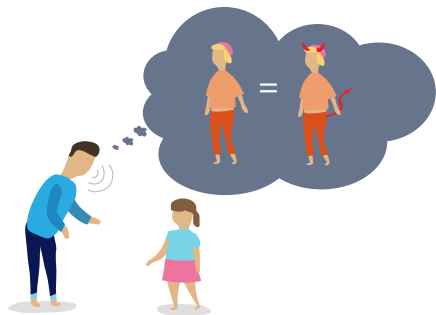
a)



b)



c)



d)



## Parent roles: for separated parents

### a) Provoking your child's other parent

If you add to your ex's stress or anxiety, it can have a direct impact on your child. A parent who feels overwhelmed will find it harder to meet their child's needs.

**Try instead:** Think about your decisions from your child's point of view. Ask yourself, *"How might this affect my child?"*

### c) Badmouthing your child's other parent

When parents badmouth each other, children can feel forced to choose sides. They may avoid telling you about problems because they'll be worried about your reaction.

**Try instead:** If you need to vent, call on a trusted friend or family member. Work on finding solutions and make sure you protect your child from any negative exchanges.

### b) Competing to be the favourite parent

Competing with your ex can mean you lose touch with what your child really needs. Most children just want their parents' time and attention.

**Try instead:** Focus on what your child needs from you. Ask yourself, *"Am I doing this for my child's best interests, or for another reason?"*

### d) Not letting your child talk about the other parent

It can be painful to hear your child talk about their other parent. But if children think they are upsetting their parents, they may start to censor what they say.

**Try instead:** Remember that your child still loves their other parent. Show interest, say something positive, and try to smile – even if it's not always easy.