

# How to Support Your Children

- Promote the child having time with their other parent, even if the other parent isn't perfect or the child is anxious. **Always encourage them to go!**
- Give your child permission to love the other parent and all their other family and friends (even if there is a new significant other!) without concern that they'll hurt your feelings or get in trouble
- Remind your children both parents will always love them and take care of them
- Include all children equally and treat them similarly, especially in blended families



# Important Reminders



- The other person's motive for being involved as a parent doesn't matter; involvement is GOOD
- Your behavior will impact your child's ability to experience healthy future relationships. Studies show exposure to conflict is the MOST harmful act for a child's well-being in the present, as well as, far into the future. Shield your children from all parental conflict
- Reassure your children every day that they are NOT responsible for the break-up and that they are LOVED