



# Keeping the child at the heart

When parents are arguing, it's easy for the child to get put in the middle and made to feel uncomfortable.

Here are a few signs to watch out for and steps to take if you recognise any of them.





## Badmouthing your partner

### TRY NOT TO...

Talk badly about your partner (or ex partner) in front of your children - or retaliate if you hear that your partner is talking about you.

### INSTEAD...

Focus on your child's needs. Protect your children from the conversation. Vent with another adult or talk to your partner away from your child.



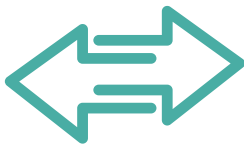
## Competing to be the favourite

### TRY NOT TO...

Feel that you have to be seen as the favourite parent or enter into a rivalry or competition with your partner (or ex partner).

### INSTEAD...

Focus on your child's needs. Remember a child's love for one parent doesn't diminish their love for the other.



## Asking your child to be a mediator

### TRY NOT TO...

Ask your child to share messages between you and your partner (or ex partner) or be the 'go between' with bickering and arguing.

### INSTEAD...

Focus on your child's needs. Develop clear and respectful communication directly with your partner in a way that works for you both.



## Controlling or stopping access

### TRY NOT TO...

Stop your child seeing their other parent, to seek to control their time together or to negatively influence their relationship.

### INSTEAD...

Focus on your child's needs. Allow your child and their other parent to maintain and develop their relationship in ways that suit them and the wider family network.

*In partnership with*

