

"The best security blanket
a child can have is parents
who respect each other."

– Jane Blaustone

Co-parenting is NOT a competition...
It's a team effort to give your
children the life they deserve.



10 IMPORTANT THINGS TO KNOW

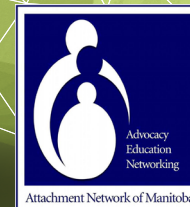
When You're a Separated Parent



**ATTACHMENT
NETWORK
OF MANITOBA**

attachmentnetwork.ca
admin@attachmentnetwork.ca

**FOR MORE INFORMATION ON
ATTACHMENT VISIT:**
circleofsecurity.net



So you've gone through a separation and now you're co-parenting your child or children with your ex-partner. What are some of things your child needs you to know or do in this new reality?

1 I need you to know how hard it is for me to go back and forth between two homes. I will continue to do it, but I need to hear that you understand that it is really hard.

2 I need you to be patient with me if I forget the rules or routines at your house.

3 I do not need to hear negative things about my other parent. It will scare me if I can't be free to love and rely on you both. I'll need that parent when I'm with them.

4 If I talk about things that I enjoyed with my other parent, it doesn't mean I love you less or that I'm rejecting you. I need to be able to share everything with you.

5 I know that no parent is perfect and I don't expect either of you to be. I need you to stay neutral when I sometimes have everyday kinds of complaints about my other parent.

6 I know that you're grieving the loss of our former family, and I need you to know that I'm grieving that too. I may grieve differently than you, though.

7 I know there are all kinds of families – blended, kinship, single parent, etc. The thing that matters most is that I have at least one consistent adult in my life that I can count on.

8 I need you to be consistent in our new relationship. I need to know when I'm going to see you, and that you'll always be there. When contact with you is irregular or sporadic, it affects my sense of self-worth.



9 If you're struggling with your feelings about the separation, please don't process that with me. Get help from another grown-up.

10 Please remember that I need to have fun with you and make new memories together!

