

What I Need From My Parents

✓ **I need both of you in my life.** Even if you don't live close to me, I need to hear from you. Send me texts, call me on the phone and come see me. I need both my parents in my life to feel important and loved.

✓ **Please support the time I spend with each of you.** If you act jealous or upset when I spend time with my other parent, I feel like I need to take sides or love one parent more than the other. I love you both.

✓ **I need you to stop fighting and get along.** When you argue and fight, it makes me feel insecure and even scared. When you fight about me, it makes me feel like I did something wrong.

✓ **Please don't make me send messages back and forth.** Please talk to my other parent and get along. If I have to relay a message from you, I am afraid I will mess something up and make someone mad. I am too little to be responsible for knowing about adult things or speaking for you.

✓ **Please don't talk badly about each other to me.** I love both of you, and it hurts me to hear you say bad things about each other in front of me. It feels like you are saying bad things about me.



Genetics, to a large degree, make up who we are.

Therefore, when you hurt your co-parent,
even if you feel justified in doing so,
you are hurting your child.

Children do better and deserve to
be loved by and connected to
BOTH parents.

