



Bay Brooke Center
For Independence & Wellness

PARENTING AND DIVORCE CLASS.COM
A Parent Education and Family Stabilization Course

Allowing My Child to Love Both Families

Directions: Plan to do two or more of the following behaviors during the week. Add behaviors until you have practiced all ten.

1. Allow your child to spend time with extended family members on both sides of the family.
2. Leave framed pictures out of your child with both sets of their grandparents or extended family members.
3. Mention positive qualities of members of your child's extended family. Find a way to value what they have to offer to your child.
4. Recognize and comment on qualities that your child received from extended family members. Such as, "You have Grandpa's talent for drawing."
5. Encourage your child to remember the extended family member's birthdays, anniversaries, and other holidays with cards or phone calls.
6. Make sure your child responds appropriately when gifts are sent from the extended family.
7. If the extended family calls to speak to your child, and you answer the phone, attempt to say a few pleasant words. Remember, your child is listening.
8. Separate your negative feelings about your former spouse from your feelings for his/her family.
9. Do not assume that the extended family is speaking negatively about you.
10. Correct any inappropriate comments that you may have said with regard to the extended family. You might say, "I used to be upset with them, but I'm not upset anymore. It's getting better all the time."

