

**WAYS TO PROTECT YOUR CHILD FROM  
EXPOSURE TO CONFLICT**

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1. Never insult the other parent in front of your child.
2. Never complain about money issues in front of your child.
3. Never call the other parent names in front of your child.
4. Never ask your child to take sides.
5. Never ask your child questions about the other parent.
6. Never ask your child to carry messages – either in writing or verbally.
7. Never ask your child to “keep a secret” from the other parent.
8. Never ask your child to lie to the other parent.
9. Never compare your child to the other parent in a negative manner.
10. Never argue with the other parent in front of the child.
11. Never yell at the other parent on the phone when you think your child is “sleeping.”
12. Never threaten your child or the other parent.
13. Never physically grab your child or the other parent.
14. Never bribe your child to love you more.
15. Never criticize the other parent’s parenting skills.
16. Always encourage your child to talk to the other parent when your child complains about something at the other parent’s home.
17. Never talk to your child about adult issues – who is at fault for the divorce, how much money you don’t have, the bimbo at your dad’s house, how you are so lonely when the child goes to the other parent’s home, etc.
18. Always invite your child to share their thoughts and feelings openly and without judgment.
19. Always keep your promises, and apologize when you mess up.
20. Encourage your child to have a good relationship with her other parent.