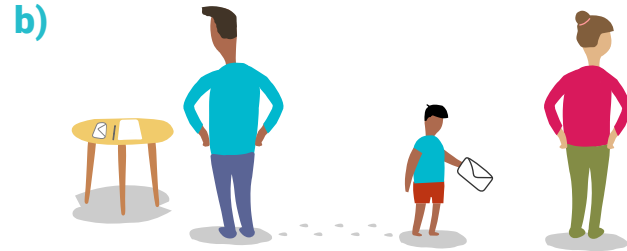
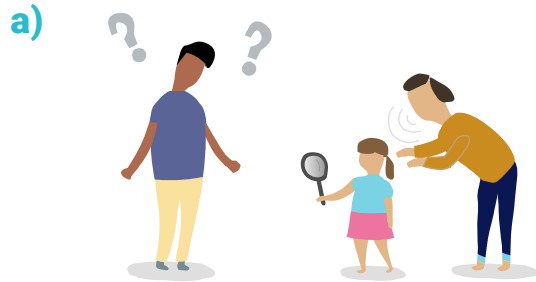


Getting on Better (2023)

Child roles: for separated parents



➔ When parents separate, children can often feel like they're being put into these different roles. Can you guess what they are? Flip the card to find out more.



Child roles: for separated parents

a) Spy

Asking your child about their other parent can make them feel like a spy. They will want to give you the right answer, but they won't want to betray their other parent.

Try instead: Stick to general questions about the time they spent together. If you find yourself asking probing questions about your ex, ask yourself why you really want to know.

c) Counsellor

Seeking emotional support from your child can put them under pressure to try and make you feel better. It's not their job to support you.

Try instead: If your child sees that you're upset, you can tell them how you are feeling. But let them know that you'll be OK, and that they don't need to worry.

b) Messenger

Asking children to pass messages back and forth puts them in an uncomfortable position. They may worry that whatever they do, it will upset one of their parents.

Try instead: Find a way to talk to your ex directly. If that's not easy, try asking someone neutral to come along to help keep things calm and respectful.

d) Mediator

It can be extremely upsetting for children to see their parents arguing with each other. They may feel the need to try and solve the problem, which is too much responsibility for children.

Try instead: Let them know that these are problems for adults to solve. Reassure them that you both still love them, even though you're not together anymore.