

DIVORCE RULES

Post these rules on your refrigerator as a reminder of your commitment to care. Ask your child to let you know if you forget one of the rules. Never reprimand your child when he or she gives you this feedback.

Dear Mom and Dad, I'm just a kid, so please...

1. Do not talk badly about my other parent. (This makes me feel torn apart! It also makes me feel bad about myself)
2. Do not talk about my other parent's friends or relatives. (Let me care for someone even if you don't)
3. Do not talk about the divorce or other grown-up stuff. (This makes me feel sick. Please leave me out of it)
4. Do not talk about money or child support. (This makes me feel guilty or like I'm a possession instead of your kid)
5. Do not make me feel bad when I enjoy my time with my other parent. (This makes me afraid to tell you things)
6. Do not block my visits or prevent me from speaking to my other parent on the phone. (This makes me very upset)
7. Do not interrupt my time with my other parent by calling too much or by planning my activities during our time together.
8. Do not argue in front of me or on the phone when I can hear you! (This just turns my stomach inside out)
9. Do not ask me to spy for you when I am at my other parent's home. (This makes me feel disloyal and dishonest)
10. Do not ask me to keep secrets from my other parent. (Secrets make me feel anxious)
11. Do not ask me questions about my other parent's life or about our time together. (This makes me uncomfortable, so just let me tell you)
12. Do not give me verbal messages to deliver to my other parent. (I end up feeling anxious about their reactions. So please just call them, leave them a message at work, or put a note in the mail)
13. Do not send written messages with me or place them in my bag. (This also makes me uncomfortable)
14. Do not blame my other parent for the divorce or for things that go wrong in your life. (This really feels terrible. I end up wanting to defend them from your attack. Sometimes it makes me feel sorry for you and that makes me want to protect you. I just want to be a kid, so please, please...stop putting me into the middle!)
15. Do not treat me like an adult. It causes way too much stress for me. (Please find a friend or therapist to talk with)
16. Do not ignore my other parent or sit on opposite sides of the room during my school or sports activities. (This makes me very sad and embarrassed. Please act like parents and be friendly, even if it is just for me)
17. Do let me take items to my other home as long as I can carry them back and forth. (Otherwise, it feels like you are treating me like a possession)
18. Do not use guilt to pressure me to love you more and do not ask me where I want to live.
19. Do realize that I have two homes, not just one. (It doesn't matter how much time I spend there)
20. Do let me love both of you and see each of you as much as possible. Be flexible even when it is not part of our regular schedule.

Thanks, you loving child.

101 Ways to Praise Your Child

Wow * Way To Go * You're Special * Outstanding * Excellent *
Great * Good * Neat * Well Done * Remarkable * I Knew You
Could Do It * I'm Proud Of You * Fantastic * Super Star * Nice
Work * Looking Good * You're On Top Of It * Beautiful * Now
You're Flying * You're Catching On * Now You've Got It * You're
Incredible * Bravo * You're Fantastic * Hurray For You * You're
On Target * You're On Your Way * How Nice * How Smart *
Good Job * That's Incredible * Hot Dog * Dynamite * You're
Beautiful * You're Unique * Nothing Can Stop You Now * Good For
You * I Like You * You're A Winner * Remarkable Job * Beautiful
Work * You're Spectacular * You're A Darling * You're Precious *
Great Discovery * You've Discovered The Secret * You've Figured
It Out * Fantastic Job * Hip, Hip, Hurray * Bingo * Magnificent *
Marvelous * Terrific * You're Important * Phenomenal * You're
Sensational * Super Work * Creative Job * Super Job * Fantastic
Job * Exceptional Performance * You're A Real Trooper * You Are
Responsible * You Are Exciting * You Learned It Right * What An
Imagination * What A Good Listener * You Are Fun * You're
Growing Up * You Tried Hard * You Care * Beautiful Sharing *
Outstanding Performance * You're A Good Friend * I Trust You *
You're Important * You Mean A Lot To Me * You Make Me Happy
* You Belong * You've Got A Friend * You Make Me Laugh * You
Brighten My Day * I Respect You * You Mean The World To Me *
That's Correct * You're A Joy * You're A Treasure * You're
Wonderful * You're Perfect * Awesome * A+ Job * You're The
Best * You Deserve A Big Hug * You Deserve A Big Kiss * Smile *
A Pat on the Back * You're Smart * You're Super * I Love You