

# A Resource for Parents in Divorce

What your child wants you to know

**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 child support.** *(This makes me feel guilty or like I'm a possession instead of your kid.)*
4. **Do not block my visits or prevent me from speaking to my other parent on the phone.** *(This makes me very upset.)*
5. **Do not interrupt my time with my other parent** by calling too much or by planning my activities during our time together.
6. **Do not argue in front of me or on the phone when I can hear you.** *(This turns my stomach inside out!)*
7. **Do not ask me to spy for you when I'm at my other parent's home.** *(This makes me feel disloyal and dishonest.)*
8. **Do not ask me to keep secrets from my other parent.** *(Secrets make me feel anxious.)*
9. **Do not ask me questions about my other parent's life.** *(This makes me uncomfortable. Just let me tell you.)*

10. **Do not send written messages with me or place them in my bag.** *(This also makes me uncomfortable.)*
11. **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 want to protect you. I just want to be a kid, so please, please...stop putting me in the middle!)*
12. **Do not treat me like an adult.** *(It causes way too much stress for me.)*  
Please find a friend or therapist to talk with.
13. **Do not ignore my other parent or sit on opposite sides of the room during my school or sports activities.** *(This makes me feel sad and embarrassed. Please act like parents and be friendly, even if it is just for me.)*
14. **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.)*
15. **Do not use guilt to pressure me to love you more** and do not ask me where I want to live.
16. **Do realize that I have two homes, not just one.** *(It doesn't matter how much time I spend there.)* I'd also really appreciate it if you would let my other parent come into our house every now and then, because it's my home too!
17. **Do let me love both of you** and see each of you as much as possible!



[relationshipcenterva.com](http://relationshipcenterva.com)