

## WHEN THERE IS LITTLE CONTACT WITH THE CHILD'S OTHER PARENT

### LISTEN TO YOUR CHILDREN

You may be angry at the other parent but it is very important you remain neutral. Listen to what your children say about the other parent and how they feel. Your kids need to know they can talk about the other parent with you.

### GET SUPPORT

It's really beneficial for children with mainly one parent in their life to build up close relationships with other family, like aunts or grandparents. It can also really help you as well from babysitting to having someone close to talk to who knows your child well.

### INVOLVEMENT OF THE OTHER PARENTS EXTENDED FAMILY

The other parents extended family might be really keen to still be in your child's life! Consider letting that relationship grow, maybe start with small steps through phonecalls or letters.

