

ॐ एकमेवाद्वितीयं ब्रह्मं सन्नाम रूप विवर्जितं ।
ऋतं सत्यं परब्रह्मं ईश्वरं लोकपालकं ॥

om ekamevādvitīyaṃ brahmaṃ sannāma rūpa vivarjitaṃ |
ṛtaṃ satyaṃ parabrahmaṃ īśvaraṃ lokapālakaṃ ||



PARENTAL ALIENATION & SHARED PARENTING

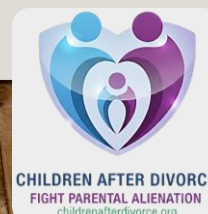
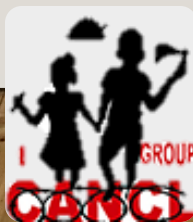
INTERACTIVE Q & A SESSION

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OPENING REFLECTION

Today we are not here to discuss fathers' rights or mothers' right

- Today we discuss children's emotional rights.

In custody battles, courts decide residence

- But homes decide emotional safety.

Parental Alienation is not about winning a case

- It is about whether a child is allowed to love both parents freely.

Can a child love both parents freely?

- Absolutely! That's natural for them.

Q1:WHAT IS PARENTAL ALIENATION?

If a child suddenly hates one parent without clear reason – what could it mean?

Parental Alienation is when a child is influenced to reject a parent without real danger.

RICHARD GARDNER'S - 8 PRIMARY MANIFESTATIONS OF PARENTAL ALIENATION IN CHILDREN

Campaign of denigration

- The child constantly criticizes one parent.

Weak / frivolous rationalizations

- The child gives silly or exaggerated reasons for rejection.

Lack of ambivalence

- One parent is “all good.” The other is “all bad.”

Independent thinker phenomenon

- The child insists: “No one influenced me. This is my own decision.”

Reflexive support of the favored parent

- The child automatically sides with one parent in every conflict.

Absence of guilt

- The child shows no remorse for being cruel to the rejected parent.

Borrowed scenarios

- The child speaks as if the memory is theirs — but the content feels adult, rehearsed, or scripted.

Spread of animosity to extended family

- Grandparents, cousins, entire side of family cut off.

Q2: PROTECTION VS ALIENATION

If there is real abuse, is that alienation?

- No. Protection is different from manipulation.
- Alienation is when fear or hatred is created without genuine harm

Q3: INFLUENCE

Do children absorb repeated negative comments about a parent?

- Yes. Repeated negativity shapes emotions.
- Children internalize emotions they hear repeatedly.

Q4: LOVING BOTH PARENTS

Is it healthy for a child to love both parents?

- Yes. Identity comes from both.
- A child's identity is built from both mother and father

Q5:WARNING SIGNS

If a child suddenly refuses visits, uses harsh adult language, and shows no guilt — is that normal?

- It may be a red flag that influence is happening.

Q6: WHO SUFFERS MOST?

In alienation, who suffers most — parents or child?

- **The child suffers long-term**
- Children exposed to this phenomenon report anxiety and depressive symptoms during adulthood, a greater risk of some type of psychopathology, lower self-esteem and self-sufficiency, higher rates of alcohol and drug consumption, and affected relationships as a couple and with the parents themselves, insecure attachment, lower life quality, higher divorce rates, feelings of loss, abandonment and guilt.
- They also report repetition of these alienating behaviors on their children by their partner or their own children's grandparents.

SPRINGER NATURE Link

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Long-term emotional consequences of parental alienation exposure in children of divorced parents: A systematic review

[Open access](#) | Published: 25 November 2021

Volume 42, pages 12055–12069, (2023) [Cite this article](#)

Q7: CAN COURTS ORDER LOVE?

Can a judge repair emotional bonds?

- Courts can order time. Parents must protect emotional space.
- PIL activities and shared parenting guidelines by HC are just a part of the solution. The main solution resides within the parents

Q8: SHARED PARENTING MEANING

Is shared parenting about 50-50 time — or about 100% responsibility?

- It is about shared responsibility and emotional maturity of the parents in handling their kids

SHARED PARENTING

IS NOT JUST

- 50-50 days
- Alternate weekends
- Holiday rotation

IT MEANS BOTH PARENTS

- Attend school meetings
- Participate in medical decisions
- Help with homework
- Guide discipline
- Support emotional development

If your child falls sick at midnight, is it only one parent's job?



EMOTIONAL MATURITY

Not
speaking
negatively
about the
other
parent

Not using
the child
as a
messenger

Not
sharing
legal
conflict
details
with the
child

Allowing
the child
to love
the other
parent
freely

Can we disagree as adults without damaging the child's bond?

This is where Parental Alienation connects

Q9: EMOTIONAL DISCIPLINE

Are we ready to avoid
insulting the other parent?

- Shared parenting begins with respect.

Q10: FINAL REFLECTION

What does a child need more —
one winning parent or two
peaceful parents?

- Two peaceful parents!

KEEP YOUR ANIMOSITY ASIDE

When we attack the other parent, we divide our child's identity.

Shared parenting is not a legal victory; it is emotional discipline.

A child should never feel guilty for loving either parent.

ALIENATION HAPPENS WHEN --

Ego becomes
more important
than the child

Winning becomes
more important
than healing

Anger becomes
louder than
responsibility

Shared parenting fails without emotional discipline

REMEMBER!

Let the court decide custody.

Let us protect the child's heart.

Shared parenting begins at home.

INDIAN CHILD ABUSE, NEGLECT AND CHILD LABOUR (ICANCL)



"WE'VE ALL GOT
A ROLE TO PLAY
IN KEEPING KIDS
SAFE
- IF YOU'RE
WORRIED
DON'T IGNORE

ABOUT ICANCL GROUP

Indian Child Abuse, Neglect and Child Labour (ICANCL) Group is a nationally registered society (Registration number S-68745/2010). It was started in 1996 within the framework of Indian Academy of Pediatrics (IAP).

Recognizing the impact of socioeconomic, cultural and environmental factors on child health, development and overall welfare, ICANCL Group specifically focuses on comprehensive child welfare, child rights, abuse, neglect, exploitation and rehabilitation.

[Read More](#)

MEMBERSHIP GUIDELINES

All members of the IAP can become Ordinary Life Members of the ICANCL Group and physicians who are not IAP members can become Associate Life members. Members of the community who are interested in child welfare and share the ICANCL Group objectives can become Affiliate Life members.

ICANCL Group has members from various disciplines and agencies working for child welfare chapters. It has branches in several states and large cities. It works closely with other national and international agencies towards advocacy and information, sensitization of civil society and increasing government and bureaucratic involvement in ensuring the rights and protects of children. ICANCL members, individually and in groups have done commendable work among underprivileged and deprived children. The Group has a sizable membership but we need a much wider representation. It is realized that members would have variable amounts of time to devote to ICANCL related activities. The Group would, however, welcome the support and endorsement of all who share our deep concern for children and help us to fight for their rights, which we shall pursue more aggressively. Health care, education and protection are the rights of every child, which the concerned authorities must provide.

Apart from Emotional Child Abuse, IAP-ICANCL recognizes Parental Alienation as a Child Neglect

[Apply for Membership](#)

Drop a WhatsApp Message to 7904257576

Don't give up on your children, save them from alienators aka child abusers!

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Parental Alienation is Child Abuse

Stop Parental Alienation

[GET HELP NOW](#)

Protect your child's mental health -
Don't give up!



SHARED PARENTING IS NOT A LEGAL STRATEGY

It is a character test.

When we speak badly about the other parent,
we are not hurting them — we are dividing our child's identity.

A child should never feel guilty for loving either parent.

If we truly support shared parenting guidelines, we must first practice
emotional discipline at home.

Let the court order custody.
Let us protect the child's heart.

Thank you