

## PROTECTIVE PARENTING



Protective parenting prioritises a child's well-being by fostering safety, love, and healthy relationships with both parents.

## ALIENATING BEHAVIOURS

Alienating behaviours harm a child's emotional health by manipulating them to reject the other parent without valid reasons.



Children thrive when they have healthy relationships with both parents. Protective parenting safeguards their well-being, while alienating behaviours can harm their emotional health. Here's how to tell the difference.

### PROTECTIVE PARENTING

1. Encouraging the child to express their feelings about both parents openly.
2. Setting boundaries to protect the child from genuine harm (e.g., abuse, neglect).
3. Explaining rules or restrictions calmly and factually when safety is a concern.
4. Supporting the child in maintaining a healthy relationship with the other parent when safe.
5. Documenting concerns objectively and seeking professional advice if needed.
6. Using neutral language when discussing the other parent in front of the child.
7. Facilitating contact with the other parent, even when it's inconvenient.
8. Protecting the child from adult conflicts or court proceedings.
9. Acknowledging the other parent's positive qualities when appropriate.
10. Actively working to co-parent in the child's best interests.

### RECOGNISE THE SIGNS

#### WHY IT MATTERS

Protective parenting fosters resilience, security, and love, while alienating behaviours create confusion, fear, stress and lasting emotional harm for children. Intact families and separated parents need to work towards parenting that prioritises children's needs.

**[emmm.org.au](http://emmm.org.au)**

### ALIENATING BEHAVIOURS

1. Discouraging or preventing the child from sharing positive feelings about the other parent.
2. Exaggerating or fabricating concerns about the other parent to justify limiting contact.
3. Using fear or guilt to control the child's perception of the other parent.
4. Interfering with or blocking the child's contact with the other parent without valid reasons.
5. Coaching the child to align with negative opinions about the other parent.
6. Speaking negatively or blaming the other parent in front of the child.
7. Scheduling activities during the other parent's contact time to create conflicts.
8. Involving the child in adult issues, like court matters or financial disputes.
9. Denying or minimising the other parent's contributions to the child's life.
10. Encouraging the child to spy on or report back about the other parent's household.

#### BE THE DIFFERENCE

***Protect your child's emotional health.***

