



# YOU CAN'T CONTROL THE OTHER PARENT,

*but you can  
protect your child.*



**EVEN IF THE OTHER  
PARENT CONTINUES TO BE  
TOXIC, ONE EMOTIONALLY  
SAFE PARENT CAN MAKE A  
HUGE DIFFERENCE.**



**DON'T BADMOUTH  
THE OTHER PARENT.**  
Your child deserves  
the freedom to love  
both parents.



**REMINDE THEM IT'S  
NOT THEIR FAULT.**  
Reassurance heals  
what conflict  
wounds.



**TELL THEM THEY  
ARE LOVED.**  
Your words become  
their inner voice.



**HELP THEM FEEL SAFE  
AND REGULATED.**  
A calm, safe parent  
helps their child  
heal and grow.



**YOU MAY NOT BE ABLE TO CHANGE THEIR OTHER PARENT,**  
*but you can change your child's future.*



**UNBOUND**  
UNLOCK YOUR POTENTIAL

[www.unboundlife.co.uk](http://www.unboundlife.co.uk)