

PART 2: INTERFERING WITH CONTACT

*You can't control them,
but you can protect your child.* 



UNBOUND

UNLOCK YOUR POTENTIAL

Even when contact is blocked, one emotionally safe parent can make a lasting difference.



1 BE CONSISTENT. SHOW UP.

Even if contact is blocked, show up for their life. Go to their sports games, school plays, events. Let them see your love in your actions.



2 KEEP YOUR EMOTIONS AWAY FROM THE CHILD.

You are allowed to feel hurt, angry or disappointed. But not through them. Your child needs you to be their safe place.



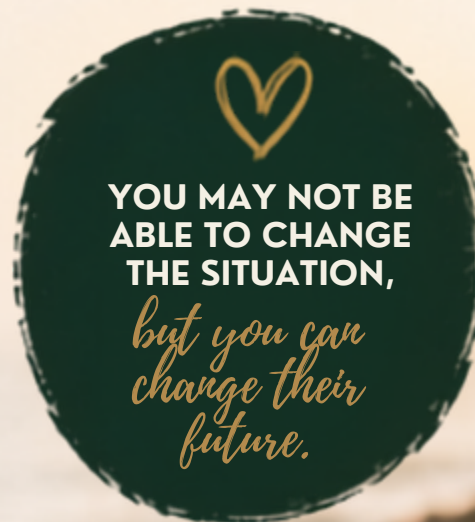
3 HOLD A STABLE NARRATIVE.

"I am here for you."
"I love you."
"It's not your fault."
"You are loved by both parents."
Repeat it. Consistency brings security.



4 IF CONTACT IS BEING PREVENTED DESPITE EVERYTHING YOU'VE TRIED...

Create a private online page where you document all milestones. Past birthday messages, achievements, kind words. Example: "Happy Birthday, I love you." Even when I couldn't be there, I hope your day was amazing."



*Keep a
record of
your love.*



If you're navigating this and want support to stay grounded, clear, and connected to yourself while protecting your child, this is exactly the work I do in my **coaching for recovery from toxic relationships**.



www.unboundlife.co.uk

TO REQUEST A DISCOVERY CALL OR DM ME

