



UNBOUND

UNLOCK YOUR POTENTIAL

5 STRATEGIES

TO PROTECT YOUR CHILD

from being in the middle 



1. BE THE SAFE PLACE

Create a calm, loving space where your child feels safe to be a child, not a problem solver.



2. KEEP THEM OUT OF ADULT CONFLICT

Don't ask about the other parent. Don't share your frustrations. Protect their childhood.



3. REASSURE THEM OFTEN

"You are loved." "You are safe."

"None of this is your fault."

Say it. They need to hear it more than we think.



4. NEVER ASK THEM TO CHOOSE

Make it clear they don't have to take sides.

They are allowed to love both parents.



5. FOCUS ON WHAT YOU CAN CONTROL

You can't control the other parent.

But you can control the love, stability and support you give your child.



YOU DON'T NEED TO HAVE ALL THE ANSWERS.

You just need to keep showing up.



NEED SUPPORT?

BOOK A DISCOVERY CALL OR
COACHING VIA MY WEBSITE



www.unboundlife.co.uk