

# ALIENATION AVOIDANCE + EARLY INTERVENTION

**For Our Children and Families - practical public-use support for moments when families need calmer next steps. Not legal advice. Start with safety first.**

This page is for early action when a child is being pulled into loyalty pressure, messenger roles, repeated denigration, rehearsed adult narratives, or distance from a safe parent or other safe relationships.

Use this guide to interrupt the pattern early, not to wait for the child to absorb more harm.

## START HERE

- Safety first if there is abuse, coercive control, threats, stalking, violence, or fear.
- If the issue is not immediate safety, lower the child's conflict exposure fast.
- Keep the child out of the adult relationship.
- Restore direct adult logistics wherever possible.

## EARLY WARNING SIGNS

- The child is carrying messages or secrets.
- The child appears guilty about liking or enjoying a safe parent.
- The child starts using unusual adult phrasing that sounds borrowed.
- Ordinary updates, calls, photos, gifts, or visits start getting filtered, delayed, or dramatized.
- School, childcare, therapy, or medical care starts carrying the conflict.

## FIRST 7 DAYS

- Stop using the child as courier.
- Reduce post-visit interrogation, speeches, and adult venting.
- Write the short child-impact facts instead of longer accusations.
- Protect routine: sleep, school, medication, meals, therapy, transport.
- Use calmer message starters and a cleaner communication lane.

## FIRST 30 DAYS

- Keep a visible support circle around the child.

- Use school/provider support tools where attendance, care, or appointments are drifting.
- Use a family communication system if chaotic texting is widening the problem.
- Ask for therapeutic or neutral support early rather than waiting for the pattern to harden.

## EARLY INTERVENTION PATHS

- Child-centered school or childcare updates
- Pediatric, counseling, therapy, and follow-up coordination
- Family communication systems that reduce confusion and message wars
- Safe-adult boundaries and support-circle planning
- Best-interest / parenting-support tools when the child's week needs structure
- Official and safety doors first if abuse or coercive control is actually present

## ESCALATION LADDER

1. Ordinary strain
2. Repeated loyalty pressure or messenger roles
3. Narrowing of safe relationships or contact distortion
4. School/provider spillover
5. Therapy, care-coordination, or neutral intervention needed
6. Court review because lower-level intervention is failing

## USE NOW

- [Protect child relationships page](#)
- [School + provider support page](#)
- [Child-needs snapshot](#)
- [Message starters](#)
- [Support circle sheet](#)
- [First 48 hours guide](#)
- [Warning signs guide](#)

This is a child-centered prevention and early-intervention guide. It is not a substitute for urgent safety planning or legal advice.