

Protect child relationships

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

Reduce loyalty conflict and alienation-type harms

Public-use parent guide

Purpose

This guide is for parents and helpers trying to reduce the harm children experience when adult conflict starts pulling them into loyalty pressure, fear, silence, denigration, or distance from safe relationships.

This is not a diagnostic tool.

It is not a "win your case" packet.

It is a child-centered guide for reducing harmful conflict and protecting safe, stable, nurturing relationships around a child.

Start here

- If there is fear, coercive control, stalking, threats, violence, or abuse, start with safety and official help doors first.
- If the issue is conflict without those safety concerns, reduce the child's exposure to adult conflict quickly.
- Keep the child out of the messenger role.
- Do not ask the child to choose, carry blame, or report on the other parent.
- Protect routines, school, sleep, medication, counseling, and trusted adult support.
- Keep communication short, factual, and child-centered.

Warning signs the week is becoming relationship-harmful

- The child is asked to carry messages, secrets, or adult explanations.
- The child hears repeated put-downs, blame, or pressure to take sides.
- The child becomes anxious before contact, exchanges, or ordinary updates.
- School, childcare, counseling, or medical contacts are being pulled into adult conflict.
- Safe relationships with grandparents, helpers, providers, or one parent are being cut down without a clear safety reason.

- The child's routine, belongings, medication, or records are becoming conflict tools instead of child-support tools.

What helps right now

1. Lower the temperature.

Fewer accusations, fewer speeches, fewer history dumps.

2. Use one source of truth for logistics.

Calendar, handoff notes, school updates, and provider facts should stay simple.

3. Protect the child's daily anchors.

Sleep, school, meals, medication, therapy, transportation, and regular safe contact matter.

4. Use neutral third-party doors when needed.

School staff, pediatricians, counselors, case managers, and family communication systems can help reduce friction.

5. Keep the child's support circle visible.

Know who the child can rely on this week.

What not to do

- Do not tell the child they must choose.
- Do not make the child defend one adult against another.
- Do not use the child's property, schedule, medication, or school information as leverage.
- Do not recruit school or providers into adult scorekeeping.
- Do not treat every strained relationship as proof of one simple theory.
- Do not use conflict-reduction tools when the real issue is abuse or coercive control.

Site tools that fit this lane

- Child support message starters
- Child support circle sheet
- Child transitions and handoffs planner
- Child routine and school tracker
- Child school and care team sheet
- Family update sheet for school, childcare, and providers
- Handoff / exchange notes pad
- Family communication system options and chooser

Why this matters

Public-health and pediatric sources consistently point to the importance of safe, stable, nurturing relationships, lower child exposure to harmful parental conflict, and protecting children from loyalty pressure and instability during separation.

This site is trying to help families do that work in a practical, child-centered way.