



Alienating Behaviours

- Attempting to limit contact between you and your child
- A tendency to badmouth or belittle you in front of your child
- Attempting to make the child feel guilty for wanting to spend time with you;
- A tendency to deal with medical/educational issues of the child alone and not bring them to your attention;
- Forbidding discussions about you in their household;
- Insistence on having 'their time' even if they are working and won't be spending time with the child themselves;
- Sharing any disagreements you have with them with the child but only sharing their side of the story;
- Picking up on a perceived weakness in your parenting, your relationship with your child or your home situation and exaggerating its significance to the child or other agencies (ie. their school);
- Creating the impression that you dislike or don't love your child or painting the picture that you've moved on to a new life.

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