

Keep in Touch with Mum



**FAMILIES NEED
FATHERS**

Top tips for keeping mum in the picture

Attitudes

It's difficult after separation to put yourself in the other parent's shoes. It is important to put your own feelings aside so that the child doesn't feel caught in the middle.

1. Does she know how important she is to the child?

Make sure mum knows how much the children are missing her and how important she is to them.

2. Tell the mother how important the child is to her

It is important that you share with her some of the things that make you proud as a father.

3. Make mum feel welcome

It is not easy after separation or divorce, but try to appear welcoming

at all times. The majority of the time children want to see more of the other parent - make sure mum knows this. Also, mum might not feel welcome if there is a new partner in your life, try to let mum know that she is still wanted and needed by her children.

4. Be encouraging

Try to encourage her mothering, mention things she is good at and emphasise the positive.

Practicalities

Sometimes it is difficult to change attitudes, so start with more practical things.

1. Try to put money conflicts to one side

Of course both parents should contribute financially but parenting time is important too. Try not to make one as a condition of the other.



2. Be flexible

Routine is important for children and you too, but try to be flexible with arrangements.

3. Importance of the wider family

Involve grandparents and siblings to encourage mum to play a more active role, by confirming how important she is.

4. Invite her personally to specific activities and events

School plays and open days are a good place to start.

5. Look for things they used to do together and the child likes doing

It might seem straightforward but sometimes it is important to start with what is familiar and what both mum and child feel comfortable with. If mum sees the child/ren enjoying themselves, she is bound to enjoy it more.

6. Start simple and develop

It is important to take little steps at the beginning.

7. Share news

Try txtng or e-mailing photos and video clips regularly. Get mum interested by news of how the children are doing, such as what

projects they are doing at school. For example, if your child is doing a project on animals suggest she takes them on a visit to the zoo or city farm.

8. Discuss Birthdays and Christmas

It is important not to duplicate presents, talk about gifts before birthdays and Christmas.

9. Share toys and favourite books

This helps not just with consistency for the child, but also it helps mum feel more confident that the child is enjoying parenting-time.

Please remember, if you have success and manage to get mother involved, don't stop the involvement. Keep it going if you possibly can - for your child's sake.



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