

# 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.



