



Building parent-school partnerships

WORDS Michael Grose

Parents using kids as bargaining chips



It's been said that children are the unwitting victims of a breakdown between partners, but it doesn't take a separation for kids to be caught up in their parents' disputes.

In particular, kids of all ages can be impacted by games of one-upmanship that can be played out even when parents are together.

It happens when one parent criticises the other parent's child-rearing either verbally or non-verbally: a raised eyebrow can send a strong message. This type of criticism creates doubt and uncertainty in children.

It happens when one parent intentionally overindulges children by buying them toys, gadgets and clothes or granting them excessive freedom out of spite. Competitiveness and disloyalty cause confusion and unhappiness in children.

It happens when a parent withholds affection and attention to children to punish their partner for some transgressions they may have committed. Callousness leads to feelings of unhappiness and guilt in children.

Consistency is the greatest gift parents can give

Kids crave consistency from their parents. They love to be able to predict how their parents will raise them as this puts them in control, which is vital for their healthy development. When they grow up in a predictable, caring environment they are more likely to take the learning risks necessary to grow and develop. In unstable, unpredictable environments kids either go into their shells to keep safe or they rebel. Consistency requires parents to use predictable routines, to stick to a known set of rules and to act always in their children's best interests when raising them.

Avoid negative partnership spill over

Families have many relationships within them. Parents have relationships with children as individuals and as a group. Children also have relationships with each other and with each parent, if there are two. Parents also have a relationship with each other, which can be compromised when there is family breakdown. The challenge for parents

is to prevent a breakdown in their relationship impacting on their other relationships including each person's relationship with children. Positive parent relationships also have a positive effect on children's learning and wellbeing. Conversely, anecdotal evidence suggests that the spill over to children from their parents' negative relationships is significant indeed in terms of negatively impacting children's learning and their wellbeing.

Kids are mood detectives

If two parents are in dispute there is an absolute imperative for the parents to keep the breakdown or conflict between themselves and to minimise the negative spill over to children. Inevitably, children will experience a tension if it exists between couples no matter how well their parents try to keep a dispute private. Kids are mood detectives. They're generally better than we think at picking up the nuances of relationship tensions.

more on page 2 >>

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.





... Parents using kids as bargaining chips ...

Stick to the business of parenting

It helps if parents in dispute can stick to the business of parenting and don't confuse it with the business of partnering. If a parent isn't getting along with a partner, then this is a problem to be worked out between them. Acting in the best interests of children means that we separate the partnering from the parenting when it comes to childrearing. This means that parents may have to compromise about many issues ranging from the straightforward, such as bedtimes, to more complex issues such as how best to manage children's behaviour. Giving some ground to the other parent maybe problematic when relationships are troubled, but it's not impossible. Plenty of separated couples do so successfully by consciously putting their children's best interest before their own.

Putting aside differences in children's best interests

Relationship breakdown can bring out the worst and the best in people. It brings out the worst when parents put their individual interest before their children's, particularly when they interact with each other. Parents show their best side when they don't let emotions rule their heads when they are in dispute with their partner. That means refraining from using kids as bargaining chips when interacting with their partner or ex-partner. Instead they stick to the business of parenting and make decisions in the very best interests of their children rather than their own interests. That's the adult thing to do.

Michael Grose



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.

