

Children of Divorce's Bill of Rights

1. **Recognize that we love and need both parents.**
2. **Don't turn us into messengers. Mom and Dad should talk to each other directly.**
3. **Don't say bad things about our other parent.**
4. **Don't grill us about what is going on at our other parent's home.**
5. **Don't ask us to take sides.**
6. **Don't make us feel like we're being disloyal to you if we enjoy being with our other parent.**
7. **If you have something angry to say to our other parent, don't say it around us.**
8. **Don't purposely forget important clothing or gear when we are going to our other parent's place.**