CHILD FIND of AMERICA

BRINGING KIDS HOME • KEEPING THEM SAFE

A Child's Fundamental Rights:

A Document for Parents Living Apart

AS A CHILD WITH PARENTS LIVING APART, I HAVE THE RIGHT …

☐ to love both my parents with joy and be proud that both love me.

☐ to joyfully love *all* the people who are important to me.

☐ to never face rejection by a parent.

☐ to be safe, to be respected, and to be cared for in every way.

☐ to always have my developmental needs and challenges taken into account.

☐ to be protected from hearing unnecessary and hurtful details about an adult conflict.

☐ to have parents who are flexible about different rules and respect all safe parenting styles.

☐ to have parents who check in with each other on these rules when consistency is crucial.

☐ to have my needs and interests come first when decisions about my schedule are made.

☐ to be disciplined wisely, calmly, and compassionately.

☐ to be free from any blame for the break-up.

☐ to never be asked to take a side in an adult argument.

☐ to have parents who do what they can to stay emotionally healthy, and who will see to my emotional health.

☐ to talk about things openly without fear of punishment or guilt; to keep my feelings private if I choose to.

☐ to see my parents as good role models for how to be respectful of others, even when there's a disagreement.

☐ to not be asked to report on what is happening in one parent's life to the other parent.

☐ to have parents who talk to one another without asking me to act as messenger.

☐ to just be a child without being responsible for the well-being of an adult.

☐ **to have parents who will work at making the best of a very difficult situation.**