

## ALIENATING BEHAVIOURS

An alienating parent uses strategies that obstruct and create conflict between children and their parent. Examples can include the following:

- Badmouthing or denigrating the other parent.
- Limiting contact by dropping the children off late, picking them up early, arranging activities for the children in the other parent's appointed time or moving far away from the other parent.
- Interfering with communication by not allowing calls, distracting the children during calls, or withholding or returning letters and presents from their other parent.
- Withdrawing love or expressing anger toward the child.
- Telling the child that their other parent does not love him or her.
- Forcing the child to choose between parents or coaching the child to reject their other parent.
- Creating the impression that the other parent is dangerous.
- Confiding in the child about adult issues.
- Asking the child to spy on their other parent and keep secrets from them.
- Referring to the child's other parent by their first name.
- Referring to a step-parent as 'Mum' or 'Dad', and encouraging the child to do the same.
- Withholding medical, academic and other important information from the other parent, and keeping their name off medical, academic and other relevant documents.
- Changing the child's name to remove the association with their other parent.
- Cultivating and forming a dependency for the child, and undermining the authority of the other parent.

Not all difficult situations will be considered parental alienation. If you think you or your children are affected by parental alienation, it is important that you seek professional advice and support.



## WHO WE ARE

### About Us

The charity was founded in 2020, and our core aims are to raise awareness, educate and campaign against this form of abuse. We also promote a culture of equality in parental rights, reducing discrimination for parents and their families when accessing child-related services and the family court system during divorce, separation and child-contact disputes. Through our work, we seek to minimise the impact on children who are suffering this form of abuse.

Our team is built up of parents who have personal experience of parental alienation and also other professionals with a strong background in rights and equality advocacy. We understand the difficulties faced in managing and coping with the stress that comes with fighting a system that fails to acknowledge this form of abuse. We work with agencies, charities and other professionals in order to provide educational materials, signpost clients to appropriate services and raise greater awareness.



### CONTACT US

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## PARENTAL ALIENATION AWARENESS

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### Raising awareness

of the importance of parents being involved in their children's lives and the effects when this is stopped

A registered charity in England and Wales  
Charity registration number 1187738





## WHAT IS PARENTAL ALIENATION?

A misunderstood form of child abuse

Parental alienation is the term given to describe a set of coercive and controlling behaviours that leads to a child cutting off emotionally from a parent who poses no safeguarding risk to them. In the UK, parental alienation is recognised as this:

*“when a child’s resistance or hostility towards one parent is not justified and is the result of psychological manipulation by the other parent.”<sup>1</sup>*

Parental alienation is often dismissed as a normal part of a difficult separation of a couple, instead of the deliberate and systematic actions of one parent to alienate the other from their children. As it is not always understood, it is often not addressed adequately by the courts or government agencies. Parental alienation is considered by a growing number of experts to be a form of child psychological abuse and domestic abuse, where a parent is deliberately using a child as a weapon against an ex-partner.

1. Children and Family Court Advisory and Support Service (n.d.). Parental alienation. <https://www.cafcass.gov.uk/grown-ups/parents-and-carers/divorce-and-separation/parental-alienation/>



## HOW DOES THIS AFFECT PEOPLE'S LIVES?

Parental alienation can happen to mothers, fathers and extended family members. It can lead to children from separated families having their other parent completely erased from their life.

*“one in four parents have reported living in a single parent household”<sup>2</sup>*

Effects and examples include these:

A father who no longer has any contact with his children once his relationship has broken down, despite being a willing and capable parent.

A mother who faces excessive and unwarranted hostility from her children.

Grandparents who are kept from their grandchildren.

Children who experience mental health issues (such as grief, trauma, substance abuse, self-harm, anxiety and depression) as a result of the manipulation and emotional abuse by their other parent.

A parent who is being denied contact with their children because they are not the biological parent.

The isolation of not being believed or having your concerns dismissed by friends, family and the courts as a natural consequence of separation, instead of systematic abuse.

2. Rabindrakumar, S. (n.d.). Family portrait: single parent families and transitions over time. University of Sheffield. [https://www.sheffield.ac.uk/polopoly\\_fs/1.8121611/file/Sheffield\\_Solutions\\_Modern\\_Families.pdf](https://www.sheffield.ac.uk/polopoly_fs/1.8121611/file/Sheffield_Solutions_Modern_Families.pdf)





## OUR AIMS

Parental Alienation Awareness is a charity that believes in the active participation of parents in children’s lives.

We aim to achieve the following:

1. Educate and raise awareness of parental alienation and the consequences for parents, children and their wider family.
2. Promote equality in parenting and the active participation of parents in their children’s lives.
3. Work with other organisations and allies to address all forms of parental alienation and support those affected by it.

## WHAT CAN YOU DO TO HELP?

-  Buy a ribbon to raise awareness and support our work
-  Contact us if you are affected by parental alienation
-  Become an ally and join our professionals’ network
-  Become a supporter of our charity by visiting the website or make a donation by scanning the QR code below

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