

## Parent Alienation

My daughter at 15 had a miscarriage. I tried talking to her mother (we're divorced) about getting counseling for her. Response was "does she want counseling?" Long story short, I went to the school counselor to let them know what had happened. She's at school more than anywhere else throughout her day. I went to speak to my Pastor and he encouraged me to speak to their Pastor. All this to be prepared for when she needed counseling.

Her mother made it seem to my daughter that I was telling everyone in town of what had happened and made me look bad. My daughter called me and told me she has a good dad (the stepfather) and that we needed to stop communicating. It's been almost a year. She's called me recently and stated that she misses me and loves me but still refuses to come visit on my weekends. I believe the mother, from past experience, has caused this alienation and continues to perpetuate non-existent relationship my daughter and I have. What do you suggest?

Scott Counseling response:

Let me start off by complimenting you for your insights and caring concerns for your daughter. It's difficult to be a good parent when the other parent is not cooperative. There will come a day, however, that your daughter will learn of your true intentions and appreciate your love for her.

Parent alienation does not last a lifetime. Generally speaking, children want to love their biological parents. Parents who blame each other for past mistakes and experiences usually discover that this energy becomes wasted and would be better spent cooperating together for the betterment of their child.

Questions:

1. When you spoke with the school counselor and pastor(s) of your church, what was their response; how did they help you?  
I hope that they shared with you that it's important to tell your daughter that you love her on a continual basis no matter what your relationship with her mother.
2. 2. Are you able to meet with your daughter or write a letter sharing your true intentions? If so, leave out your frustrations with her mother- share your love and desire to spend time with her. During my years of counseling with hundreds of children your daughter's age, the majority of them shared their frustrations of "being placed in the middle of fighting or divorced parents." Most shared that they want to love and be loved by "both mom and dad."

Your daughter's school counselor and church pastor will be able to help your daughter out with her thoughts, concerns and counseling needs too. Keep it between you and them. Be patient and continue to show love by being active with questions and comments like:

" How are you and your friends?"

"Anything I can help you with?"

" I'm sorry" (if necessary).

"How are you feeling?"

My Website: [ScottCounseling.com](http://ScottCounseling.com) has numerous articles on teens, divorce and parent tips.

Get back to me and continue to share how things are going.