

Role Cards

Review these cards and give examples of situations you and your partner might get into and consider the role you are asking your children to take on.

The Confidant

The Mediator

The Spy

The Judge

The Messenger

When your child feels they have to be the mediator between parents, keeping everyone happy and solving problems

When you share too much information with your child and expect them to fill the gap due to a lack of intimate communication with your partner or ex

When you ask your child to take information between you and your partner about money, contact etc.

When you criticise your partner or ex and expect your child to decide who is right or wrong

When you ask your child questions about your partner or ex and rely on them to find out what is going on