



### TIPS FOR CHILDREN WANTING TO REUNITE

Consider meeting with a family coach who specializes in family bond connections in advance to help with ways to enjoy your parent again. Start with going to [www.apa.org](http://www.apa.org).

The first phone call, text, or meeting may seem awkward. This feeling is normal and will lessen as you spend more time with your parent.

Your parent may feel awkward, as well. Focus on updating your parent on your life, including some positive experiences you would like to share with them.

You may feel anxiety, fear, or other negative emotions. These feelings are temporary and will subside as you spend time together. Enjoy *new* experiences and creating *new* memories together. Embrace this new adventure.

Practice flexible thinking in advance. People change, and all or nothing thinking can sabotage your effort to view your parent in a new light. Allow the interaction to be light and comfortable.

If you have questions about memories, save them for a time when you are feeling calm. Consider that memories are rarely 100% accurate. Approach these questions as a curiosity, instead of an accusation.

Before your meeting, consider your parent may have had a different upbringing, different traditions, and other traits that could be experienced for your growth.

Consider reaching out to the extended family of your parent such as cousins, aunts, uncles or grandparents if you have not spent time with them.

Try to remember some of the good memories you had with your parent before the divorce. Write these down. Make a list of the qualities you liked in your parent, too — notice which qualities and memories bring a smile.

Unconditional love is key.