

My co-parent isn't reliable. He sometimes picks up the children and other times he cancels. What do I say to my child when she is disappointed that her dad isn't committed to time with her?

*"I know that is disappointing for you. I don't know why your dad wasn't able to come, but I know this for sure – it has nothing to do with you. You are a great kid and you are not to blame." The ultimate message is "you are loveable," as children often feel that if a parent REALLY loved them, they would show up. It's hard for them to imagine someone can love you and hurt you at the same time. That's a very adult concept.*