



Overcoming the Co-Parenting Trap: Essential Parenting Skills When a Child Resists a Parent

John A. Moran Ph.D., Tyler Sullivan, Matthew Sullivan Ph.D.

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Overcoming the Co-Parenting Trap helps parents understand the reasons why some children resist a parent during divorce—a reality that touches many families. Combining years of experience in intensive work with families struggling with parent-child estrangement, Overcoming Barriers' first publication offers practical insight on two central questions: • Why does a child resist contact with a parent? • How can I best support my child to have healthy relationships with both parents? This guide details practical strategies for working through the significant challenges both parents may experience with a resisting child. Common scenarios and concrete solutions are presented both for preferred parents and resisted parents.

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