

Support Ideas

By Nancy Thomas

1. Realize this is a very painful situation. If you are on the Mom's side, you are on the child's side. If you take the child's side against the Mom, they both lose.
2. Listen with open ears and hearts. Not judging, not being critical. Condemning, criticizing or blaming Does Not Help! Lift the burden, don't load it down.
3. Make short, loving phone calls (occasionally) to listen and encourage, not to advise, not to gather information or "check on them". Tell her she can call whenever she needs an ear.
4. Take her to lunch or dinner.
5. Rent a funny movie and share it.
6. Send her flowers, chocolate or cards with love and a smile in it.
7. Bring her some dinner or baked goods.
8. Hugs are always healing. Moms need 12 a day minimum.
9. Do Not give unasked for advice.
10. Take all information as confidential.
11. Pray for them.
12. It is very helpful to educate yourself about Attachment Disorder.
13. Run errands to help lift the load.
14. Take the kids somewhere for the afternoon. Be sure she knows it's because she deserves a break and not because she can't handle it.
15. Give her a gift certificate for a massage, hair salon, hot springs
16. Give her Mozart's music or some other calming or uplifting tunes.
17. Give her a stuffed animal filled with love for her inner child.
18. Give her one of the Chicken Soup for the Soul books.
19. Scratch her back, pat her shoulder.
20. Buy her bubble bath and watch the kids for an hour or so while she soaks to music.
21. Remind her of her special traits and talents.
22. Tell the child often, in front of her, how lucky they are to have a mom like this.
23. Absolutely, never show up without calling to check for an appropriate time to visit.
24. Never tell her to "Just love the child more". If you already have, beg forgiveness for not understanding.

**** **Do not say, "Let me know if I can help." Instead, do one or more**