



2 of 5

**SEE IT DIFFERENTLY**

There will be times when you and your ex need to put your differences aside and look at things from your child's point of view. This can be hard, but it only takes one of you to **SEE IT DIFFERENTLY** and start making a change.



## SEE IT DIFFERENTLY

Use an 'I' statement to talk about what you want:  
*"I'd really like you to see your gran."*

Look at it from the other person's point of view:  
*"I'm sure your mummy does too."*

Reframe the situation:  
*"She's probably trying to work out when is best."*

Offer a solution:  
*"Do you want me to speak to her, see what we can sort out?"*