

Talking about class assignments and loyalty binds and co-parenting families,

I recall at home once where my son was in the third grade

and he was struggling with an assignment, he had to draw a picture

and write about his favorite family vacation.

While you see he's taken vacations with his dad

and he's taken vacations with me and his stepdad and his siblings.

And he was torn.

Most kids that are co-parenting feel that loyalty bind

even when the parents don't put that on them.

His father and I co-parent fine.

But he felt like if he picked one, the other parent might feel bad.

And so I listened to him and I said, You know what?

Why don't you write about that great family vacation

you had with dad last summer and his face lit up!

And he said, really? And I said, absolutely.

You see the fact that he's writing about his dad and writing about that family vacation.

It doesn't erase all the memories that we made on our family vacations.

But what it does do is remove the stress

and the guilt that he may be carrying, having to pick one home over another.

So if your child is doing an activity or an assignment where they have

to pick a hero or a favorite person or a favorite lesson

or a vacation, give them permission to talk about the other home.

It doesn't erase your role in their life, but it does

erase the stress that they carry around with that assignment.