

Your SIL or DIL is the Gatekeeper to Your Child and Grandchild

One of the most important concepts to understand, if your estrangement is tied to your DIL or SIL, is that you can't go around them, you can only go through them.

The probability, at least for now of your having a separate peace with your child that doesn't include their spouse is low. That means that writing your estranged child at work, talking in any negative or critical way about their spouse, leaving the spouse out of any communication will just widen the gap between you and your estranged child.

Here's how to think about it: your difficult DIL or SIL has a bomb strapped to themselves, your child, and your grandchildren. The more you alienate him or her, the tighter they're going to hold onto your child. They are the new alpha and the more you accept that the better things are going to go.

Learning the right way to think about this issue and strategize is key to your getting your child back.