

## **SEVENTEEN PRIMARY PARENTAL ALIENATION STRATEGIES**

**These are strategies used by parents to alienate their children from the other parent. The alienating parent engages in these strategies against the targeted parent.**

- 1. Badmouthing**
  - 2. Limiting Contact**
  - 3. Interfering with communication**
  - 4. Interfering with symbolic communication (i.e. pictures and photos)**
  - 5. Withdrawal of love**
  - 6. Telling the child the targeted parent is dangerous (may include filing false charges with Child Protective Services)**
  - 7. Forcing the child to choose between parents**
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- 1. Telling the child the targeted parent does not love him or her**
  - 2. Confiding in the child**
  - 3. Forcing the child to reject the targeted parent**
  - 4. Asking the child to spy on the targeted parent**
  - 5. Asking the child to keep secrets from the targeted parent**
  - 6. Referring to the targeted parent by first name and encouraging the child to do the same**
  - 7. Referring to a step-parent as “Mom” or “Dad” and encouraging the child to do the same**

- 8. Withholding medical, academic, and other important information from the targeted parent/keeping the targeted parent's name off medical, academic, and other relevant documents (see California Family Code 3025)**
- 9. Changing the child's name to remove association with the targeted parent**

**17. Cultivating dependency/undermining the authority of the targeted parent (may include overly permissive parenting by the alienating parent)<sup>4</sup>**  
**4Amy J. L. Baker and S. Richard Sauber, editors, Working with Alienated Children and Families: A Clinical Guidebook (New York: Routledge, 2013), 95-97.**