



Keeping Kids Out of the Middle: Child-Centered Parenting in the Midst of Conflict, Separation, and Divorce

Benjamin Garber

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Are your kids growing up in a war zone? Here's Your Peace Treaty

When co-parents conflict, their kids get caught in the middle. They become 'adultified,' infantilized, and alienated. They're made into messengers and spies, implicitly forced to grow up too fast or to remain needy for much too long. The antidote: practicing child-centered parenting--consistently creating parenting plans and conflict resolution strategies that genuinely meet children's emotional and psychological needs--first and foremost and for the rest of their lives.

Keeping Kids out of the Middle is not about divorce, and it's not about you. It is about your kids. This eye-opening and highly pragmatic book is a here-and-now guide toward better understanding and meeting the needs of your children. You will learn what child-centered parenting is, how to implement it productively, and how to communicate effectively with your parenting partners, no matter the legal status of your relationship, the distance between your homes, or the quality of your intimate relationship.

In *Keeping Kids out of the Middle*, child psychologist and state certified Guardian ad litem Benjamin Garber offers parents a radically new perspective on co-parenting in the midst of relationship conflict and teaches co-parents how to build a consistent, healthy environment for their children through the art of 'scripting,' establish better means of communicating and communication styles, and create parenting plans that help keep children protected. This is your guide to putting your children's needs first and giving them the safety net they must have in order to become healthy adults who are able themselves, to some day, keep their own kids out of the middle.

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