



The Grandchildren's Charter

The Grandchildren's Charter sets out the trauma-informed, attachment-based principles for grandchildren whose relationship with their often-close (and safe) living grandparent is interrupted, terminated or prohibited. Providing the grandchild's lens and voice, The Charter draws on best practice in relation to ambiguous loss and grief i.e. grief arising from the loss of a relationship with a living person. It is particularly useful for family adults and practitioners where a grandchild experiences divided loyalties, emotional control, alienating behaviours or within high-conflict families.



Please think about me first when making family decisions or resolving arguments

- I hope you'll listen to me and my thoughts. I may think the situation may be my fault.
- I already feel sad and confused, I will worry I will be forgotten, so please don't add to that.
- Please don't tell me to change my mind about my grandparent or parent so that it's better for you.
- If I hear you say things about my parent/grandparent, I might feel stuck when they ask me about it
- If I tell you something I've heard at home or elsewhere, please listen and don't get upset with me.



Please help me cope. I know things are difficult between you as my parent and grandparent, but I love you both

- Sometimes I'll be upset, angry, or sad and with both of you. Please try to understand what I'm going through.
- If someone else is upset or frustrated, please don't take it out on me.
- Please help me understand that you will both always be in my life in some way at some point.
- Please be flexible: sometimes things might change. Then it'll be easier for us to enjoy our time together.



Please think of things that will help me as I get older and as an adult

- Please try to think of different ways to make things work for me, this might mean:
- I might need a break from grandchild-grandparent contact if things get too stressful at home
- I will always find a memory box or savings useful when I get older – who wouldn't! As I will grow out of younger age belongings during our separation, perhaps save your money for something special when we see each other again.
- As I too will become an adult, please think ahead to my reconnecting with my missed family members.