

# Things Not To Do When Coping With Your Children's Apathy

Forcing your way into their lives and reaching out to them if they keep ignoring your calls and avoid meeting you.



Being defensive and refusing to acknowledge your mistakes when they express what bothers them about you.

Begging for their attention. This may worsen your mental health.



Giving in to their demands in exchange for one meeting. Their intention is not to be close to you but to take things from you.

Threatening or emotionally blackmailing them into visiting or calling you. This may push your children farther.

