



Written By Sophia Charles

BSc & Expert In Human Behavior & Psychology

## **How To Deal With Baby Mum/Dad Drama**





This is extremely complex on all parts. But never the less I would like to encourage you to read this article as it should help you "both" without the need for you to tell your person how it helps.

I want to start by explaining to you why baby mum drama scars you both. I will state in this document "baby's mums" just for ease but of course it could be roles reversed such as in my actually situation.

So to understand baby's mum dynamics, you as the partner need to understand the dynamics of your partner's ordeal. **Because to understand how they feel, will help you to release any painful situations that arise with baby mums.**

For anyone to take something from you is bad enough, but... something that is half of you and connected to your core being through a "exact" transmutation of energy, will hurt you BIGTIME as in essence you will feel less than without your child because a portion of "you" has been

taken. No other person or thing on this entire planet will relate or resonates to you as your child because you and child have same "parts" (dna/genes ect. This planet has many laws including law of attraction which means like attracts like, which means what you resonate with you will attract. Humans can use their will to resonate with feelings to attract their desires. But with your child you already resonate with them as it is you, so will always be attracted / pulled to your child & vice versa. EVERY parent has this feeling. Parents only treat their children incorrectly due to situations that may have skewed their perceptions of parenting such as beliefs, traditions, religions, cults, abuse ect.

Another reason why this hurts is when the shit hits the fan and separation happens when children are involved, your thoughts subconsciously will be thinking of alternative ways to resolve conflicts. The most popular other thought of how to resolve conflict is to go to court. But.... Your person will know subconsciously that the justice system sucks, particularly for the person who only sees the child part time. This will create more internal conflict. Also most know to go to court will create more arguments with ex`s as well as costing an arm and leg on top of it. There is also the hidden fear that once court action is

taken, there is a "no go back" situation. Meaning that if they lose, which about 90% of part time dads do lose, means that it may result in the ex's placing even more conditions on that person knowing "they have won" and there is nothing else that ex partner could do to enforce that parent to allow access. So by not actually attending court is a "hidden" bargaining tool of "what if" I won. Another off putting reason why most parents with nightmare ex's don't take their baby's parent to court for full custody because in reality they have a knowing that they have to quit their job and financially are use to being the grafter/man/women of the house, the provider. So to then switch roles although most would do anything for that child/children but in reality it just doesn't seem practical.

### **Law is Law**

The justice system only favors a parent who after a split of a relationship ends up with the child full time or spent more time with that child, PERIOD! Yes including vice versa scenarios such as in my case as I was the breadwinner and my ex husband the home maker, but when we split, he took my child and as he raised her because I worked, that was that. He was god to the courts.

Now I am stating this for a few reasons. First reason... Men confuse the court to discriminate

against fathers. Not the case. Fu\*k yer the courts discriminate BUT... not against mums or dads in children matters. It's all about who the child spends more time with. Yes I get it as I am in most of your partners shoes. It's not fair as I want to provide for my child and can't look after my child whilst go to work so my partner looked after the kids. So when we split, he got custody and constantly uses my child as a weapon against me. But here's the thing...

It's out of anyone`s control... **What you resist persists.** So in my case I spent shit loads of cash on court to see my child which made barley any difference.

Was I wrong to do that? Maybe?.... But humans should always go towards a better feeling frequency. At that time me spending all my money made me feel like I was making steps towards eventually seeing my daughter which made me feel better and was far better than me turning up at my child's house, arguing and probably then getting arrested.

The reason why I tell you this is that most that are reading this would want to put some blame on their partner for not standing up to baby's mums or dads. But in this documents I want you to understand that your partner already feels a massive loss of control so don't need you telling them things that deep down they know they may lose. Plus, telling your person to fight against his ex or

baby mum does not work as you can't solve issues in the lower vibration of its creation. PLUS... most of the things you are telling them to speak to baby mums about, don't you think they have heard or thought of that already? PLUS... horrible as it may sound but there are people in this universe that are of a lower vibrational state of awareness plus lower intellect level. Meaning you may attract a partner of your level but with their ex it may make no difference constantly trying or stating to your partner to tell them "they should (know) better". As there are people who are below you in the scale of intelligence.

### **Some Advice On How To Deal With Baby Mum Drama**

First thing.... It's not about you, your partner or the kids, its about the ex. Some people are just not awake as you are and there is fu\*k all you can do about them being on a lower "bad" place. But you can control what YOU do about it. How many times has your partner argued with the ex and has it made any difference? Did he/she ever turn round and state "You're absolutely right. From now on you will see the kids whenever you want?" Not gonna happen.

**So GET REAL!** In most child matters with parent separation, arguing never changes. It just becomes less with time as over the year's constant arguments become draining and boring after a while. **So be mindful instead.** Being mindful is recognizing what I have outlined so when you, your partner or both of you go to collect your partner child/ren, remember this document to not get pulled into any arguments as now you know there is no point to arguing.

## Don't allow your fears to control you...

At the end of the day let's be honest. A lot of you have fear that your person may get back with baby's mum. But trust me, most of these situations push part time parents completely of what your person ever saw in the relationship in the first place. And although you may have fear of this, your person is arguing with his or her ex because their biggest **fear** is that that ex will take their child/ children away from them.

Here's what I want you to think about.

Your person ex most likely has some form of control issues. No one should take anything/person/situation from another. People with control issues NEED attention. Arguing is attention. Any attention they need. Good or bad attention does not matter. Although initially your person may be feeding into that ex control, eventually he will realize there is no point and stop. But before you get even more pissed off with the ex, remember he/she is only doing what your person is doing. The **BOTH** are working at the lower vibration of fear. Your person fears that she will take the kids, but she may fear him taking them also. Never the less they both have fears and like attracts like.



Children Are Brilliant....

WHEN DOES THIS CHANGE?????????

Don't underestimate the children involved! Baby mums may do everything possible to stop your person from seeing his kids and even “try” to turn your kids against you, BUT... children are not stupid! If you are genuine and love, care and spend time with your kids even if you was not with them a lot. THEY WILL KNOW YOU LOVE THEM. Why? Because that feeling I explained above about you missing them as they are a part of you, they will have also. This is why so many adopted children still search for parents they don't know or have never seen. It's an internal pull to know ones true self and to know ones true self is from the person who created you. They won't forget you. Yes its fu\*king tough not seeing them when you want to. But now I would like you to read further on to try and find out maybe why this happened and how to deal with things out of your control.

That nightmare ex is not actually bad. As most likely her situation won't change but you can show your person a better way. In fact you should relate and have sympathy for that ex as she obviously has some form of negativity/low self esteem, traumatic childhood that



affects her in her adult life just as most do (including yourself) but maybe she portrays it differently than you.

Also think of it this way. Without that negative ex, how would he know how amazing you are? If you portray the same negative lower vibrational state with arguments then he will simply see you as the same. And didn't they split?

Learn from ALL Negatives...

**You create your reality.** You create a better reality by seeing the negative as an experience, then focusing on the positive from that negative experience and accepting that negative situation / experience / partner / job / accident / boss / mother in law, PERSONS EX... Whatever it is, is there to serve you. That will then raise your vibration. So then better thoughts, things, situations, circumstances, events ect will be shown to you.

**I Challenge You** to raise your frequency /vibration and take conscious steps to notice positive things/people that show up for you. DO NOT focus on the negative. **BUT!!!! PRE WARNING.** Negative things/people WILL STILL show up for you even whilst raising your vibration. DO NOT mistake this as the laws of attraction not working. REMEMBER... Negativity is simply a sign of your lack of growth/what you need to learn. **You will STILL experience negative whilst being positive & may not know or be able to figure out why negative things are happening at that moment.** Just realize god / higher mind knows and does what best for you. God does nothing for no reason... Reasons are Beliefs. God does nothing for belief

systems only for your higher good. So trust your intuition that whatever happens is for your higher good, as it is from source.

NEGATIVITY DOESN'T HAPPEN TO YOU, IT HAPPENS **FOR**  
**YOU!**

Sophia x ;)

