

1. Educate Themselves First

- **Understand Parental Alienation:** Learn what parental alienation is—its signs—causes, and long-term impact on children.

- **Read Reliable Sources:** Books, peer-reviewed studies, or credible websites (e.g. www.nate93.org.uk, People Against Parental Alienation (PAPA), <https://paawareness.co.uk/>).

