

THE SYSTEM FEELS LIKE A GAME YOU NEVER WANTED TO PLAY, THAT'S WHY WE CREATED THIS WEBSITE

A Resource for Parents written by Family Inclusion Strategies Hunter Peer Parent Expert

No one signs up for this.

There's no consent form that says "***I agree to enter a system where my parenting is scored, my grief is monitored, and the rules keep changing.***"

But once you're in, it feels exactly like a game, one you never chose, don't understand, and can't afford to lose.

You're told there are rules, but no one gives you the full rulebook.

You're told what to do, but not how much is "enough."

You're told to be honest, but honesty is often written down as risk.

You're told to ask for help, but help-seeking can count against you.

Every move feels watched.

Every word feels strategic.

Every emotion feels dangerous.

You start learning the game fast – not because you want to win, but because losing means losing your child.

So you comply.

You attend.

You tick boxes.

You hold your breath in meetings.

You smile when you're breaking.

You say less than you feel.

You perform "safe enough" while carrying unbearable grief.

And the hardest part?

The scoreboard keeps changing.

Goals move. Timelines stretch. Expectations grow.

What counted last month suddenly doesn't count now.

You're told "*you're doing well*" – but nothing actually changes.

This is why parents stop trusting the process.

This is why it feels like a game rigged against connection, humanity, and repair.

And this is why this website exists.

We've filled it with rules, explanations, and strategies – not because parents should have to play games, but because this is the system families are currently forced to survive.

Here, we spell out what often stays unspoken.

We name the patterns.

We share the strategies parents use to protect themselves, their children, and their chances of reunification.

This isn't about teaching parents how to perform.

It's about giving parents information, language, and power in a system that too often withholds all three.

Parents don't need to play better.

They need a system that stops treating their lives like a test.

Until that happens, families deserve tools – not silence.

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