

The Pauline Sam Method

A clinical operating system for co-parenting. The language, the protocols, and the developmental engine behind every word dip says to a parent.



Developed by Dr. Pauline Sam
Clinical advisor & method developer

What you are looking at

This is written for clinicians, therapists, and family professionals who may consider pointing a separating family toward dip. It sets out what the method is, the research it draws on, where it is careful, and where it hands off.

The honest stance comes first. The Pauline Sam Method is an **evidence-informed clinical synthesis**. It does not present itself as a new empirical finding. It takes well-established developmental, attachment, and family-systems research and operationalizes it into the daily decisions of two-home family life. What is settled is the science underneath. What is new, and still gathering its own outcome data, is the application. We hold that distinction in the open, because a practitioner deserves nothing less.

ONE

Evidence-informed, not evidence-claiming

Every core move maps to a body of peer-reviewed research, set out in the evidence base later in this document. Where a claim is an application rather than a direct finding, it is named as such.

TWO

Built to complement professional care

dip is a structured support layer that sits alongside your work. It is not therapy, not assessment, and not legal advice. The referring clinician keeps oversight. Scope and limits are set out plainly on their own page.

THREE

Safety overrides everything

Where intimate partner violence, coercive control, or child safety is in question, the method suspends mediation and routes out. This is the first principle, not a footnote.

How to read what follows. The method sections explain the mechanics. The evidence base maps each component to its literature. The references list the sources in full. Read in any order. The science is woven through, then gathered at the back.

What this is all for

A separation does not end a family. It changes its shape. The goal of everything dip builds is simple to say and hard to do. Take the conflict out of the room, bring both parents back to the table, and keep the child at the centre while the family finds its new form.

Six things have to be true for that to happen. Every feature, every article, and every story made for the little one exists to serve one of them.

CALM

Lower the conflict

Take the heat out of the hard conversations, so decisions get made from a steady place and not from threat.

TOGETHER

Bring both parents to the table

Give each parent a clear reason and an easy way to stay involved, so no one is left managing it all alone.

PROTECT

Keep the child out of the middle

Shield the little one from adult conflict, and hold them at the centre of every decision that gets made.

BOND

Build the strongest bond

Protect the time, the rituals, and the everyday presence that a secure attachment is built from.

UNDERSTAND

Learn to speak with your child

Understand what a child can hold at each age, and how to talk with them about the things that are hard to say.

EQUIP

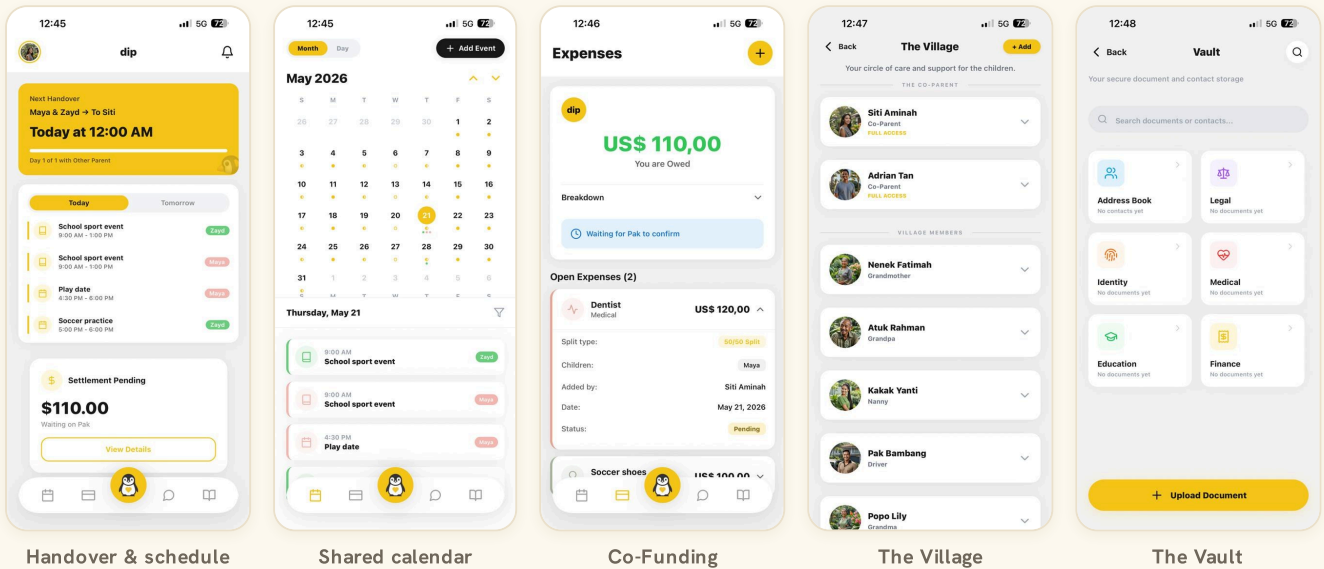
Support the whole family

Practical tools for both parents, and gentle content made for the little one, so everyone has something to lean on.

♥ *Delivered through one ecosystem, powered by one clinical method.*

The dip app

dip is one ecosystem in three layers: a calm place for the logistics, a library to learn from, and a world made for the child. This is the operating layer, where two homes coordinate without the usual friction. These are live screens.



WHERE DIP IS DIFFERENT

Built for families as they actually are

dip adapts to a family's **language, faith, and cultural norms**, and to the way care is really shared, across **grandparents, a nanny, or a helper**, not just two parents. And it holds the families most tools cannot: **one parent, several children, more than one co-parent**. Each co-parenting relationship runs on its own, with its own schedule, ledger, and Village, every boundary kept separate. Most apps assume a single ex. Real families are rarely that simple.

Voice or text, softened either way

Messages can be voice notes or text, and the Peace Filter softens the tense ones before they land. It fits how families actually talk.

Joy Windows & the Vault

Protected connection time, and an immutable store for documents and contacts with a visible record of every change. Never money.

FOR THE CLINICIAN

A tool that fits a family's real structure, language, and faith is the one that gets used. dip holds blended and multi-partner families and multigenerational care, while every surface works to lower the conflict that most affects a child's adjustment (Davies & Cummings, 1994).

Still Waters

The learning layer. Around 225 articles grounded in the Pauline Sam Method, heavily localized and rolling out in more languages over time. Reading a parent can reach for at eleven at night, on a phone, after a hard day, written to leave them calmer than it found them.

Articles are organised by the child's stage and by the domain of the decision, so a parent lands on guidance calibrated to the child in front of them. The topics run from communication without the conflict, to what to expect at each age, to the hard moments like handovers, holidays and a new partner, to repair after rupture.

Localized, not just translated

Culture is built into the reasoning, not bolted on at the end. The same article is shaped to the family it is written for.

Language

Written for each market in its own language, rolling out in more over time, never a machine-translated afterthought.

Family structure

Multigenerational homes, grandparents and elders as primary carers, a nanny or a helper in the daily picture. The guidance assumes the family as it really is.

Faith & observance

Reasoning that respects fasting, prayer, holy days and religious schooling, across traditions, when a schedule or a decision touches them.

Cultural norms

How respect is shown, how elders are consulted, how families talk. The advice bends to the norm rather than asking the family to bend to the advice.

FOR THE CLINICIAN

Evidence-informed psychoeducation, calibrated to developmental stage and to the family's culture and faith, and screened against a fixed vocabulary that keeps conflict-framing out of the reading. Guidance that fits a family's world is the guidance they actually follow.

The Two Bays world

The layer made for the person every decision is really about. dip the penguin, picture books, and gentle stories that help the little one make sense of two homes and one family, at their own height and in their own language.



FROM THE TWO BAYS STORIES



READ TOGETHER, AT ANY AGE



dip the penguin

A calm, gender-neutral friend the little one can hold onto, who lives across both homes and never takes a side. The world reaches into picture books, gentle stories, and a soft companion, so the same characters and routines travel with the child between homes.

FOR THE CLINICIAN

The content holds a hard line. No fear, no clinical words, and never the language of divorce or co-parenting. Children process transition through narrative and ritual rather than explanation, and a story to hold plus a routine to return to is the kind of symbolic structure linked to resilience through family change (Fiese et al., 2002).

♥ *Three layers, one ecosystem. Underneath all of it runs one clinical method.*

Science, all the way down to the small stuff

There is no shortage of writing on attachment and child development. It hands a parent the principles, then stops at the front door. The hard part was never the theory. It is Tuesday night, two houses, and a four-year-old who will only sleep with the one blanket that lives at the other home.

dip takes the same science the whole way down, into the specific, unglamorous decisions two homes actually have to make. This is the part no one else has built. Not a library of principles, but a worked answer for the question a parent is holding tonight.

Potty training across two homes

One method in both homes, agreed in advance, or the regression arrives with every handover.

The blanket that has to travel

Two of the same comfort object, one per home, keeps the bedtime Secure Base intact through the move.

A baby's sleep on two clocks

Different nap and feed windows are a measurable stress on an infant still calibrating its very first routine.

The screen-time treaty

Four hours here and none there turns the handover itself into something the little one learns to dread.

The every-18-hour switch

Frequent switching lifts school-week cortisol. Longer settled stretches let a school-aged child focus.

Splitting the festival or holiday

Honour the tradition on both sides without making the child the rope in a tug-of-war.

THE SCALE UNDERNEATH

Five stages by six domains is **thirty cells of guidance**, and that is only the spine. Multiply it across ten family configurations, six faith contexts, and a library that keeps growing and localizing, and you reach thousands of distinct, grounded answers to questions no parenting book was ever specific enough to ask.

30

CORE CELLS

10

FAMILY BRANCHES

6

FAITH CONTEXTS

225+

ARTICLES, GROWING

EVIDENCE BEHIND THE EXAMPLES

Routines and rituals buffer children through transition (Fiese et al., 2002). Family instability and frequent transitions predict poorer wellbeing (Fomby & Cherlin, 2007). The cost of conflict runs through the child's emotional security (Davies & Cummings, 1994).

Language is the intervention

The vocabulary of family law is borrowed from property law and criminal law. *Custody. Visitation. Rights. Dispute. Drop-off.* When a parent hears these words, the brain registers threat. Every decision that follows is made from a defensive crouch.

The clinical insight is simple. When the language changes, the state changes. A parent reading *Joy Windows* is in a different neurological state than a parent reading *visitation rights*. The single objective of every word dip writes is to move a parent from cortisol-loaded reading to oxytocin-loaded reading. From the brain's defensive crouch to its open, future-thinking state. These are not metaphors. The shift is measurable, and the behaviour follows.

THE DEFENSIVE CROUCH

Cortisol-loaded reading

Threat language. The amygdala fires. The parent reads as a combatant protecting territory. Every choice narrows.

THE OPEN STATE

Oxytocin-loaded reading

Design language. The parent reads as a builder shaping a future. The child returns to the centre of the frame.

The three foundational beliefs

Every article and every protocol flows from these axioms. Work that contradicts them is cut, however well made.

1 The child is an Attachment Being

Not property to divide. Not a logistics problem to solve. A nervous system organising itself around one question. *Who is reliably here, and how do I know.* Everything is evaluated against the child's Secure Base first.

2 The language of the process creates the emotional state of the process

A parent asked to *input their desired custodial percentages* is in a different state than one asked *what does a perfect Saturday morning look like.* dip always writes in the second mode.

5 The voice is an Authoritative Advocate, not a neutral facilitator

It has clinical opinions. It names ego-driven requests for what they are and refuses to facilitate harmful trades. That directness is what parents trust.

EVIDENCE

Grounded in attachment theory and the Secure Base concept (Bowlby, 1969; Ainsworth et al., 1978), and in emotional security theory, which links interparental conflict to child maladjustment through the child's sense of safety (Davies & Cummings, 1994).

The Lexicon of Peace

This is the psychological firewall of the method. Not a style preference, but hard-coded vocabulary. The words on the left harm the reader at the level of the nervous system. The words on the right do not. A single instance of battle vocabulary in body copy is treated as a defect to be fixed.

FORBIDDEN	DIP LANGUAGE	WHY IT MATTERS
Custody	Primary Anchor / Home Base	Custody implies ownership of a person. An anchor is something a child moves toward, not something awarded to an adult.
Visitation	Parenting Time / Joy Windows	Visitation is for prisons and hospitals. A parent does not visit their own child. Joy Windows reframes time as connection, not access.
My rights	Our responsibilities	Rights place the parent's ego at the centre. Responsibilities place the child there. One word shifts the whole frame.
Drop-off / Pick-up	The Relay / The Transition	Drop-off sounds like delivering a package. A relay is a team passing a baton. Forward movement, shared purpose.
Dispute / Fight	Misalignment / Opportunity	A dispute must be won. A misalignment can be adjusted. The second keeps both parents in collaborative mode.
Child support	Child's Resource Pool / Co-Funding	Moves money from a penalty paid to an ex into an investment made in the child. The recipient changes in the payer's mind.
My ex	Co-Parent / [Name]	Ex anchors the relationship in the dead marriage. Co-Parent anchors it in the living child. The bond changed form, it did not end.
Rules / Restrictions	Protocols / Friction Guards	Rules sound punitive. Friction Guards sound protective. Same function, opposite emotional valence.
The other parent	Your Co-Parent / [Name]	The other parent creates distance and opposition. A name keeps the collaborative frame intact.

Beyond the table. Every draft is scanned for the battle words that linger underneath. Win, lose, opponent, against, demand, refuse, deserves. The Lexicon governs body copy. Search keywords are a separate, deliberate decision.

Three registers, held at once

Every piece of writing holds three tonal registers at the same time. Too much of any one breaks it. Too little of any one loses the reader. The opening often runs calm and informational, the body turns structural, the close leans firm. Held together, the writing reads alive.

DIMENSION ONE

The Zen-Professional

Authority without ego

Calm, unhurried, deeply knowledgeable. Treats every situation, even a hostile one, as genuine. The voice that makes a parent feel the most qualified person in the room has just sat down beside them. It does not lecture. It informs.

DIMENSION TWO

The Architect

Building, not adjudicating

Thinks in blueprints, anchors, relays, friction guards. A parent who feels they are designing something is in a fundamentally different state than one who feels they are losing a fight. The Architect never resolves disputes. It builds around them.

DIMENSION THREE

The Authoritative Advocate

Directness without aggression

Names unhealthy patterns clearly. Will call a request ego-driven when it is. It does not demand. It builds a decision space where the healthy option is the only logical one. The parent keeps the freedom to choose. The voice makes sure they cannot choose uninformed. The kindness is the directness.

THE CALIBRATION

A well-made piece holds all three at the same time. The opening runs Zen-Professional and steady. The body turns Architect and structural. The close leans toward the Advocate, the part that says why this matters. With only one register present, the writing reads flat. With all three, it reads alive.

The four core protocols

These run in sequence, from detecting a pattern to resolving it. They are the operational logic behind every response dip gives to a parent's question, request, or behaviour.

- 1 Mirror with Modification**
Never scold a parent for their own battle words. Mirror the feeling, validate it, and quietly use the Lexicon equivalent throughout. The frustration is honoured. The harmful language disappears from the parent's mental vocabulary by the end.
- 2 Radical Candor**
When a parent is serving their own anger rather than the child's development, name it. Low velocity, high weight. Calm tone, heavy content. *Your frustration is real. It cannot dictate your child's schedule.*
- 5 Clinical Choice Architecture**
No orders, no threats. Build a decision environment where the healthy option is the only logical one. The parent keeps the freedom to fail. dip makes sure they cannot do so uninformed.
- 4 Validate • Educate • Reframe**
The most-used move. Acknowledge the need genuinely. Explain in developmental terms why the pattern harms the child. Offer a real alternative that satisfies what the parent was actually trying to achieve. Skip a step and the move breaks.

WORKED EXAMPLE • THE EVERY-TWO-DAY SWITCH REQUEST

Validate. It is clear how deeply you value consistent connection. Your desire to stay close is exactly what makes you a present parent.

Educate. Switching homes every 48 hours creates a sensory reset burden a school-aged child carries into the classroom. Frequent-switch arrangements show elevated cortisol during school weeks, which affects focus and learning.

Reframe. Consider a 2-2-3 schedule, or week-on with a midweek Joy Window like a Wednesday dinner. The little one gets longer, settled stretches. You get regular, predictable connection across the week.

The Zingeving Engine

Zingeving is Dutch for meaning-giving. The principle. Never take a logistical request at face value. Extract the value the parent is actually trying to protect.

This is the move that resolves conflicts which look intractable on the surface. Two parents fighting over the same weekend are often protecting the same thing, named differently. Find the shared value, and the schedule designs itself. Articles that do this work feel different to read. They answer what the parent meant, not what they happened to say.

WORKED EXAMPLE · THE CONTESTED WEEKEND

Parent A wants weekends because they work all week. Parent B wants weekends to take the little one camping.

The Zingeving. Parent A is protecting Rest and Reconnection. Parent B is protecting Nature and Adventure. Both are high-quality reconnection time.

The design. Parent A holds Rest weekends at home. Parent B is granted one guaranteed Adventure Weekend each month, protected for camping. Both values are honoured. Neither parent gives up the thing that actually mattered.

Reading past the surface request

The same logistics, framed as the value underneath.

"Baseball every Saturday"

→ Consistency · Mentorship · Teamwork

"They need to be at mine on Christmas Eve"

→ Legacy · Extended family · Tradition

"We always make pancakes on Sunday"






→ Ritual · Comfort · Secure Base

"I want them in my school district"

→ Stability · Community · Cognitive growth

The Developmental Maturity Matrix

A five-year-old and a thirteen-year-old are different people, not just bigger and smaller. Different in what they can hold, what they need, what hurts them. The Matrix calibrates every piece of clinical advice to a child's age. **Five stages. Six domains. Thirty cells of guidance.**

<p> 0 - 2</p> <p>Foundation</p> <p>No concept of time. Only presence and sensory sameness. The first model of who is reliably here.</p>	<p> 3 - 5</p> <p>Expansion</p> <p>A sense of home forms. The act of leaving one parent is the hardest moment of the day.</p>	<p> 6 - 9</p> <p>Integration</p> <p>Two homes become one identity. School and friend groups turn foundational.</p>	<p> 10 - 13</p> <p>Independence</p> <p>The Secure Base shifts toward peers. Fairness and consistency become paramount.</p>	<p> 14 - 18</p> <p>Sovereignty</p> <p>An agent in their own scheduling. Adult conversation, and adult mistakes, become possible.</p>
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Six domains of decision

<p>01</p> <p>Transition Rhythm</p> <p>Schedules and handovers</p>	<p>02</p> <p>Communication</p> <p>Contact across two homes</p>	<p>05</p> <p>Digital Sovereignty</p> <p>Screens, devices, online life</p>
<p>04</p> <p>Social Capital</p> <p>Friends and activities</p>	<p>03</p> <p>Routine Autonomy</p> <p>Sleep, health, the daily body</p>	<p>06</p> <p>Voice of the Child</p> <p>What they get to weigh in on</p>

ONE CELL · FOUNDATION, AGES 0-2, TRANSITION RHYTHM

Principle. Gaps longer than three to four days break the Secure Base for an under-two. Week-on, week-off is clinically prohibited at this age.

The pivot. Maximising your time is a wonderful goal. For a one-year-old, a seven-day gap disrupts their Secure Base. The 2-2-3 protocol ensures they never go more than 72 hours without your presence.

EVIDENCE

Calibration draws on developmental and attachment research. The youngest-stage guidance prioritizes frequency and continuity of contact with both parents, within an actively debated literature on schedules for very young children (Warshak, 2014).

The Temperature Monitor

Every article, paragraph, and sentence carries an emotional temperature. Writing that ignores it leaves a parent in a worse state than it found them. Writing that manages it leaves them calmer than before they read. The voice changes shape with the heat in the room.

Low temperature

The parent is engaged, curious, calm. The writing can be informational, and the Architect voice works well. Most pieces open here, in a specific, concrete scene.

Medium temperature

The parent is in the middle of something hard. Worried, frustrated, sad. Validate before educating. The pace slows, the voice warms, the sentences shorten. This is where Validate, Educate, Reframe lands.

High temperature

Active distress. Grief, rage, despair. The voice becomes its most careful self. Short sentences. Simple words. No metaphor that could feel glib. No movement toward solving. Permission to feel what is being felt.

The Pauline Sam Pause

In the live method, the Pause is what dip says when a parent is in high temperature. It redirects to something low-stakes, never punishes the heat, never expresses disappointment. In writing, the equivalent is the breath paragraph. A short passage that does no work. It simply names what is being carried, and gives the reader room to set the piece down.

You are reading this on a hard day. Set this down. Come back when you can. The article will be here.

Most pieces do not need a breath paragraph. The tender ones do. Knowing which is which is part of the craft.

Safety wins. Always.

This principle governs every other principle in the method. When safety and mediation conflict, safety wins, without exception.

Mediation that does not first establish safety is not a neutral process. It is an instrument of harm.

The goal is never to exclude families touched by violence from help. It is to route them to the right kind of help. One that begins with safety, not with agreement-building. The method detects these cases through direct disclosure, a mandatory safety screener, language-pattern detection, and imported legal flags.

Three crisis scenarios

Active or recent domestic violence

Response. Immediate suspension of mediation. No agreement-building. Direct routing to a domestic violence specialist.

Historical DV or coercive control

Response. A modified protocol. No harmony-matching that could pressure cooperation. An AI-built framework rather than collaborative drafting. Professional review before anything is shared with the other parent.

Child abuse or neglect

Response. Immediate suspension of all mediation. Mandatory reporting. Protective partition enforced. The child's safety is paramount.

In tender territory the writing signposts outward, plainly and without minimising the handoff. *If you are concerned for a child's safety, this library is not the right place to start. A helpline in your country can support you. The rest of this will be here when you are ready.*

EVIDENCE

The screen-first stance and the differentiation of violence types follow the intimate partner violence typology and the family-court screening literature (Kelly & Johnson, 2008; Ver Steegh & Dalton, 2008).

Where families differ

The median family is the starting point, not the whole map. The specialty modules carry the method into the configurations real families actually live in.

Religion & Faith

An inter-faith assessment matrix across six traditions, with seven conflict protocols for the moments belief and schedule collide. **Islam, Christianity, Hinduism, Buddhism, Judaism, Sikhism.**

Multi-Child Logic

The **Sibling Solidarity Standard**. Siblings move together by default, so neither home becomes a place a child goes alone. Exceptions are permitted, never assumed.

Extended Branches • CI to C10

Ten branches for the situations beyond the median. **Special needs and medical complexity, therapy coordination, existing legal orders, co-parent non-participation, cross-border families, parentage structure, parental capacity, military deployment, a new baby in either home, language and cultural practice.** Several require external clinical review before anything is published.

Parent Fulfilment

Seven protocols, from the Grief Container to Identity Reconstruction. A parent who is genuinely thriving produces different outcomes than one who is merely coping. **Parent wellbeing is a clinical objective in its own right.**

Financial Framework

The **dual-ledger principle**. Time and money are separate ledgers. Trading parenting time for financial relief is structurally prohibited, and named directly every time it appears.



The median family is the starting point, never the limit. The method bends to the family in front of it.

What the method is built on

The method rests on four decades of convergent research. What follows is not an exhaustive review. It is the spine. Each component maps to an established, peer-reviewed literature, cited here in brief and listed in full at the back.

01

The child as an attachment being

Children organise around the reliable availability of a caregiver. A dependable Secure Base supports exploration, regulation, and recovery from stress. This is the centre of gravity for every schedule and every Joy Window in the method.

[Bowlby, 1969](#) · [Ainsworth, Blehar, Waters & Wall, 1978](#)

02

Conflict, not separation, drives the harm

Children's poorer outcomes after separation are driven largely by interparental conflict rather than the separation itself, and the effect runs through the child's emotional security. This is why the entire method is built to lower conflict and protect the child's felt safety.

[Davies & Cummings, 1994](#) · [Grych & Fincham, 1990](#) · [Amato, 2001](#) · [Kelly, 2000](#)

05

Feeling caught between parents

Children who feel caught in the middle show worse adjustment. The feeling tracks high parental conflict and low cooperation, while closeness to both parents protects against it. This grounds the rule that the child is held by both homes and placed in the middle of none.

[Buchanan, Maccoby & Dornbusch, 1991](#)

04

Both parents matter, and long separations cost

Young children benefit from meaningful involvement with both parents, and a broad expert consensus cautions against depriving them of contact. The method leans toward frequency and continuity for the youngest, within a literature that remains actively debated.

[Warshak, 2014 \(consensus report, 110 endorsers\)](#)

From principle to practice

The same literature reaches down into the specific guidance. Here the daily moves of two-home life are mapped to the research that shapes them.

05

Routines and rituals protect

Family routines and rituals are linked to child adjustment and may buffer children specifically in single-parent, divorced, and remarried households. This is the science behind the ritual that travels and the bedtime that holds across two homes.

Fiese, Tomcho, Douglas, Josephs, Poltrock & Baker, 2002

06

Stability buffers, instability costs

Family instability and repeated transitions predict poorer child wellbeing. Predictability is protective. This sits behind the schedule logic, the case for settled stretches, and the clinical pause before a new partner is introduced.

Fomby & Cherlin, 2007 · Buchanan, Maccoby & Dornbusch, 1991

07

Framing shapes the response

How a situation is appraised and framed shapes the emotional and physiological response to it, and cognitive reappraisal measurably changes affective outcomes. The Lexicon of Peace is an application of this principle. We do not claim any single word has been imaged in the brain.

Gross, 2002 · Grych & Fincham, 1990

08

Safety before any mediation

Intimate partner violence is not one phenomenon. Coercive controlling violence differs from situational violence in dynamics, context, and risk, and reliable screening must precede any agreement-building. This is the foundation of the Crisis & Safety Protocol.

Kelly & Johnson, 2008 · Ver Steegh & Dalton, 2008

♥ *Established science underneath. A new application on top. We keep that line bright.*

What dip is, and is not

A tool is only as trustworthy as its honesty about its own edges. For a referring professional, this is the page that matters most.

What dip is

- A structured, evidence-informed support layer for separated families
- A complement to professional care, designed to sit alongside therapy and legal process
- A way to lower conflict and protect the child's stability between sessions
- Age-calibrated guidance, grounded in the literature set out here

What dip is not

- Not therapy, and not a substitute for a clinician's judgment
- Not assessment, diagnosis, or a forensic instrument
- Not legal advice or a determination of a parenting plan
- Not appropriate as a standalone tool where safety is at risk

Safeguards

Screen-first, route-out. Active or recent violence, coercive control, and child abuse or neglect suspend mediation and trigger routing to specialist help and mandatory reporting. Agreement-building never proceeds over an unaddressed safety concern (Kelly & Johnson, 2008).

Tender-topic handling. Content touching grief, self-harm, or crisis follows means-restriction practice and signposts to local professional help rather than working a reader through distress.

Honest about validation. The underlying science is established. The method's own outcome validation is in progress through real-world engagement data. We make no claim that the method itself has been validated by randomised trial.

For the referring clinician, dip is built to extend your reach between appointments, never to replace the relationship at the centre of the work. You keep oversight.

Every word is a choice about a child's nervous system

The Lexicon changes the state. The protocols shape the move. The Matrix calibrates it to the child in front of you. The Temperature Monitor keeps the parent safe while they read, and the Crisis Protocol overrides everything when it must. Held together, the Pauline Sam Method is not a tone of voice. It is a clinical operating system for keeping the child at the centre, in the hardest moment a family can face.

No one had taken attachment science this far into the daily life of two homes. So we built the system that does.



Dr. Pauline Sam

CLINICAL ADVISOR & METHOD DEVELOPER

The Pauline Sam Method is Dr. Sam's synthesis of attachment theory, developmental psychology, and family-systems practice into a working language for separated families. It is the clinical foundation beneath every article, every protocol, and every word dip speaks to a parent.

Selected references

The foundational sources the method draws on, in brief. A fuller bibliography is available to professionals on request.

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dip

For the one in the middle

A calmer way through, for the whole family. Built on the Pauline Sam Method, so the child stays at the centre of every decision.

coparentspace.com

THE PAULINE SAM METHOD · DEVELOPED WITH DR. PAULINE SAM