

6 COURT-SAFE COMEBACKS FOR COMBATIVE CO-PARENTS



www.singlemamaclub.com



**When You've had Enough, it's
Time to SHUT. IT. DOWN.**
These 6 court-safe comebacks are made
for single mamas who are done being
baited, guilt-tripped, or dragged into
pointless arguments. No more over-
explaining. No more reacting. Just calm,
clear, powerful responses that keep your
peace, and hold your boundary.

WELL COME



EMOTIONALLY NEUTRAL. LEGALLY SAFE. POWERFULLY CALM.

1. They Push for an Instant Answer

The Emotional Trap:

You feel rushed or flustered, and end up agreeing to something you regret just to stop the pressure.

Your Script:

“I’ll respond in writing after I’ve had time to consider.”

Why it works:

It slows everything down, keeps things on record and protects you from reactive responses that can be used against you.

2. They Demand Something Unreasonable and Frame You as Difficult if you say No

The Emotional Trap:

You feel guilt or fear being painted as uncooperative or not doing the ‘right’ thing by your children.

Your Script:

“That doesn’t work for us, but I’m open to discussed alternatives that support (child’s name)’s wellbeing.”

Why it works:

It keeps the focus on the child, avoids flat-out refusal, and removes emotion while still setting a boundary.



3. They Insist on Calling or Sending Voice Notes to Wear You Down

The Emotional Trap:

You feel cornered, flustered or emotionally drained from live conversations that aren't recorded.

Your Script:

“I’m not available for verbal discussions. Please put it in writing.”

Why it works:

It creates a paper trail and stops the back-and-forth that often turns manipulative or abusive.

4. They Start Ranting, Accusing or Dragging Up the Past

The Emotional Trap:

You feel provoked and want to defend yourself – or shut down completely.

Your Script:

“This message will be kept on record. Please keep communication focused on (Child’s name).”

Why it works:

It reminds them they’re being watched – by the court, if necessary – and shifts the tone back to business.



5. They Make False Accusations or Try to Bait You into Defending Yourself

The Emotional Trap:

You feel the need to explain, justify or fight back.

Your Script:

“I’m not engaging with accusations. I’m open to communication that is respectful and child-focused.”

Why it works:

It calls out their behaviour without getting pulled into it, and shows maturity if read by a judge or solicitor.

6. They Send a Message That Doesn’t Actually Require a Response, but Silence Could be Twisted

The Emotional Trap:

You worry that not replying will be used against you.

Your Script:

“Noted.”

Why it works:

It acknowledges the message in the most neutral way possible, without opening the door to more drama.



**YOU DON'T OWE THEM CONTINUOUS COMPROMISE.
YOU OWE YOURSELF PEACE & TO BE PRESENT.**

If you're done with chaos, last-minute "emergencies," and endless renegotiations, my Courtsafe Co-Parenting Blueprint is your next move.



*Love
Katie xxx*

- ★ Child-first plan you can trust: Simple templates for routine, holidays, travel, and who decides what, written the way professionals like to see it.
- ★ Clear messaging rules: One topic per message, no long arguments.
- ★ Handovers made easy: What happens if someone's late, backup plan, make-up time, and how it's recorded.
- ★ Super easy to use: Fill in the blanks and share with school, mediators, or a solicitor if needed.

Set it once. Follow it daily. Protect their childhood, and your peace.

**Yes, I want the
Parenting Plan Template**

Your RoadMap to Happiness



1

Putting **YOU** 1st + Sleep

We are now prioritising YOU. From now on, I want you to find something that YOU enjoy and do it, everyday for at least 30 mins. Reading a book, taking a bath, going for a walk, learning meditation, painting, colouring... **anything that brings you joy!** Early nights are now our THAAANG, you need every ounce of energy right now and you're only going to get that through your sleep. No Doom Scrolling into the night!



2

Say **Yes** & Stock up on Essentials whenever you can!

Do a big shop on Click & Collect or Delivery to keep you all comfortable for the next, few weeks. **ABUSE THAT FREEZER!**

Anything that any loved ones offer to help you out with, we are now going to say, **"Yes"** to everything! Your loved ones want to help, **LET THEM!**



3

Get Fresh Air everyday

We all know the health benefits and its 100% true! Even on those days where you can hardly lift your head off the pillow, get yourself out for at least 15 minutes with/without your children.

This is non-negotiable.

BONUS POINTS if you can incorporate seeing friends or family at the same time



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4

Financial concerns?

Worried about finances? I get ya & it's completely understandable. Look around for easy things you can literally take a photo of today and put on an online Marketplace to generate some immediate income.

5

Post-Separation Abuse

This is a sad reality for way, too many Single Mamas. From now on, we are keeping ALL communications written (e.g. whatsapp) and we will be keeping a separate document detailing EVERY negative interaction concerning you and/or the children.

Come over to read my Blog [H E R E](#) & learn about The Grey Rock Method to know exactly how to deal with all, future communications.



[Click here to go on the waitlist for The Single Mama Academy & I will take you from Broken to Emotionally](#)

memories
**ENJOY
THE NOW**

6

Plan something Fun!

Now is the time, more than ever, to focus on creating memories! Even if it is a picnic an hours drive away at the beach or in a forest. Plough what energy you have into planning **NICE** things to distract you from the shit show you have found yourself in!

Now click here to come and join our free Facebook Group to surround yourself with positive love from your fellow Single Mamas!

@TheSingleMamaClub