

"What could an advocate say to my estranged child?"

While I don't think it's ever useful for friends or family to actively advocate for the estranged parent, they could affectionately let the estranged child know that they love them and that they love you too.

They could also say that they don't want to be in the middle and know that family life is tough but hope that you'll be able to work it out.

And if there's ever anything they can do to move the ball forward, they're happy to because they love you both."

While they could empathize with the complaints about you, they could also add that they know that you're a good person, that you love them, and that you're willing to do whatever it takes to move the ball forward.