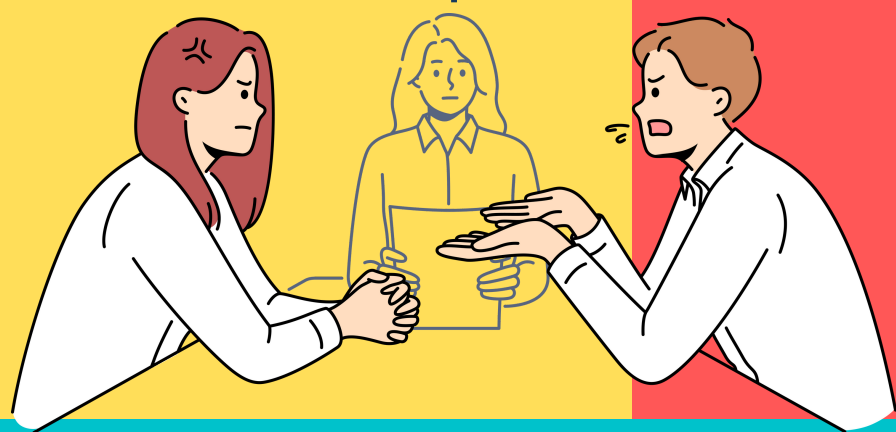




HOW TO HELP CHILDREN DEAL WITH DIVORCE OR SEPARATION

Separation may involve bad feelings between the parents and their families. Children can pick up on this, which may make them confused or unhappy - or even blame themselves for a break-up.



TO SUPPORT CHILDREN, DURING A SEPARATION, YOU SHOULD:

- Remind them that they're loved by both parents
- Be honest when talking about it but keep in mind the child's age and understanding.
- Avoid blame and don't share any negative feelings the adults have about each other.
- Keep up routines such as going to school and specific meal times.
- Let them know they can talk about their feelings with you - explain that it's okay to be sad, confused or angry.
- Listen more than you speak - answering questions will help them to open up.

YOU CAN GET HELP FROM THE FOLLOWING ORGANISATIONS:

- **'Families Need Fathers'** champions the child's relationship with both parents during and after family separation
- **'Gingerbread'** provides support for single parents on issues such as money, separation, housing and work.



CHILDLINE

Sometimes children find it hard to talk to someone in the family about their parents separating. Remind them they can always contact Childline by phoning 0800 1111 or have a 1-2-1 chat online at www.childline.org.uk



ADDITIONAL RESOURCES:

- **'Relate'** provides family counselling and advice on understanding children's feelings and behaviours during separation.
- **'Family Lives'** provide professional, non-judgemental advice to all family members to help achieve the best for everyone.



REACH OUT TO SCHOOL STAFF & YOUR GP

- Speak to school staff about the divorce or separation so they can support your child at school
- Seek counselling for yourself and your children if you need additional support.