

Safeguarding children and family support services

Support your child through separation/divorce

How can I help them?

- **This is one of the toughest times to be a parent, but children need to know what's happening.**
- **Hiding the situation leaves children feeling confused, hurt and betrayed – leading to a lack of trust and communication.**
- **The amount of information shared depends on the age, understanding and particular needs of the child, but they should be encouraged to ask as many questions as they need.**
- **Sharing feelings appropriately will help them to understand their own emotions and feel okay about showing them.**
- **Research shows the damaging effect separation can have on children, but the way it's handled will determine how well they adapt.**
- **Reassure children they are loved and feelings towards them have not changed.**

Useful contacts

www.bbc.co.uk/relationships/couples/heartaches_divorce.shtml
www.ondivorce.co.uk/families.htm
www.parentlineplus.org.uk
www.relate.org.uk

Relate

Tel: 0845 130 4010

Parentline

Tel: 0808 800 2222