



More Information

Book: *When Parents Separate: Helping Your Children Cope* by John Sharry, Peter Reid, and Eugene Donohoe

Websites: "Changes in Parent-Children Relationship After Divorce"
www.goodtherapy.org/blog/changes-in-parent-child-relationship-after-divorce-0307175

"Children and Divorce"
www.helpguide.org/articles/parenting-family/children-and-divorce.htm

"Children and Separation"
<http://www.familyrelationships.gov.au/BrochuresandPublications/Documents/Childrenandseparationbooklet.pdf>

"Helping Children Heal After Divorce"
<https://www.focusonthefamily.com/parenting/single-blended-family-parenting/helping-children-heal-after-divorce/helping-children>

10 Things you can do to help your children

- Have age appropriate conversations with your child. Let them know what is going on.
- Make sure your child knows that the separation is not their fault.
- Listen to your child and answer any questions they have without judgement.
- Minimize change and inconsistency in your child's daily life.
- Cooperate and communicate with your ex partner.
- Support your child's need to have a strong relationship with both parents.
- Take care of yourself and get the help you need during this time and in the future.
- Do your best to make your child feel safe and secure.
- Put your child's needs first. Act in their best interest.

*Always remember
to let your child be a child...*




CHILDREN'S
GRIEF CENTRE

Westbourne, Ashbourne Avenue,
South Circular Road, Limerick, V94 A5NA

Charity Number: CHY 20919

t: 061 224 627 **m:** 087 985 1733
e: childrensgriefcentre@eircom.net

 @childrensgriefcentre

 @children_grief

www.childrensgriefcentre.ie



CHILDREN'S
GRIEF CENTRE



*"I'm stuck
in the middle"*

How to help your children cope
with separation or divorce



Emotional Support

Separation and divorce impact children differently depending on their age and personality. Many children are not as resilient as they appear.

They may keep their negative feelings to themselves, allowing them to build up over time. It is important to give your child the opportunity to talk about his/her feelings in a safe and open environment.

During this time, you can help your child cope with his/her feelings by listening and answering questions.

Your child needs to know that their feelings are valid, that they are not at fault, and that both parents still love them.

Consistency and Cooperation

It is important to remember that even though you and your ex-partner are no longer together, you are both still parents to your child. Your child needs both of you! Maintaining consistency and communication between you and your ex-partner is crucial in easing the transition for your child.

No matter which parent your child is with, rules and daily routines should remain similar. This will help your child feel less separation anxiety and have a sense of security in a stable environment. Security and safety needs must be prioritised because both are fundamental needs for all children.

“we’re still family”

When you interact with your ex-partner, it is essential to be as civil as possible. Children are good at picking up on hostility and may feel guilty if they overhear arguments, especially if they are about them. You can help your child by keeping your negative opinions about your ex-partner away from him/her.

It is best for your child that relationships with both parents are supported to prevent internal conflicts about where loyalties should lie. Children tend to be loyal to both parents, no matter how angry they may be with them.



Introduction

Separation and divorce is stressful for the whole family. Everyone copes differently and needs support during this time, especially children. The way parents act during and after this process is crucial to the well-being of the child.

This brochure will suggest how you can help your child through this process to make it less difficult for everyone.