

How to Help Your Children



The separation process is really hard on your children. They need their parents' support, attention and love more than ever. Here are some of the things you can do to make it easier for them:

1. **Don't fight and yell in front of your children**
2. **Encourage children to express their feelings**
3. **Allow time for children to grieve**
4. **Reassure them that separation is not their fault**
5. **Don't ask your children to take sides**
6. **Tell them you love them over and over again**
7. **Set limits on your children's behavior**
8. **Keep a structured and regular routine**

Tips for Children Surviving Your Parents Separation



1. **It's not your fault** Don't feel guilty about the separation or when your parents argue. It's not up to you to get them to stop.
2. **Things will get better** Life at home won't always be like this.
3. **Don't try to solve your parents' problems** Don't take sides. If one parent asks your opinion or advice about the other, say, "I'd better stay out of this".
4. **Leave when your parents argue** If you can, do something that helps take your mind off it. Call a friend, listen to a CD or watch a video.
5. **These experiences are really hard on everyone** You and your parents are going through emotional stages of separation. You're not crazy to feel the way you do.
6. **Don't keep your feelings inside** Find someone you can trust and talk to: your schoolteacher, school counsellor, family doctor, or family members that you trust. Visit www.familieschange.ca for resources on separation and divorce for kids and teens. You can call the **Kids Help Phone 1-800-668-6868** at any time.

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