

# WE ARE SEPARATING AND WANT TO DO WHAT'S BEST FOR OUR CHILD...



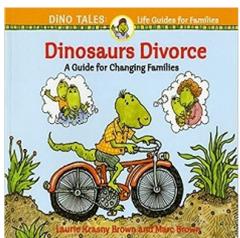
**SEPARATION CAN BE A DIFFICULT TIME FOR ALL FAMILY MEMBERS, EXPLAINING TO YOUR CHILDREN WHAT IS HAPPENING AND WHY THIS IS HAPPENING CAN PRESENT CHALLENGES.**

It's important that everyone can continue to communicate with each other and for the family to figure out what will work for them. There are a lots of resources and websites available to help you with this.

**The Parent Connection** website offers advice for parents who are going through a separation and parents who have already separated. They also offer an online chat service. Visit [www.theparentconnection.org.uk](http://www.theparentconnection.org.uk) for more information.

**One Plus One** offer a free parenting plan service online that may also be helpful.

You could also try reading a book with your child that talks about separation and divorce. Here are some picture books that are available:



**Dinosaurs Divorce - a guide for changing families**, Brown LK & Brown M, Little, Brown and Company 1988 - Helps readers understand what divorce means, why it happens and how to best cope with everyone's feelings.

**Mum and Dad Glue** – Gray K, Hodder Children's books 2016 - A little boy searches for a pot of parent glue to stick his mum and dad's marriage back together. But he soon realizes that even though his parents may be broken their love for him is not.



**Two of Everything**, Cole B, Jonathon Cape Ltd 1997 - Demetrius and Paula Oggelbutt have a pair of parents who do nothing but argue, bicker and clash. They begin to worry that it's all their fault, which leaves them feeling very sad and confused. They call a meeting at school and it turns out they're not alone! The result is a decision that has everyone in agreement .