

## 10 Top Tips for Parents



- **Conflict** is the major cause of unhappiness and poor outcomes for children
- **Children need** reassurance that their parents still love them
- **Children need** reassurance that what has happened is not their fault
- **Children and young people** need information about what is happening in their family – in ways they can understand – and without a blow by blow account or whose fault it is
- **Children don't** want to take sides –don't make them
- **Children benefit** from keeping contact with both parents – and their wider family
- **Children will tell each parent** what they want to hear – opposing views are not uncommon
- **Children can cope** with short-term disruption in their lives – as long as parents continue to support them
- **Children cope best** when they can go easily between their two homes
- **Children need** their parents to make decisions

**Most of all – look after yourself so you can look after your children**

### Like to know more?

Go to [www.resolution.org.uk](http://www.resolution.org.uk) – **Parent Advice Centre** – lots more help and advice for parents

