

Divorce through the eyes of a child

This workshop has been designed to help parents who are going through the divorce and separation process. It aims to give parents further ideas on;

- how to talk to their children about their separation.
- understanding their children's needs and responses to the split at the different stages of childhood and adolescence.
- how to spot the signals that an 'unhealthy' reaction might be occurring in their child(ren).
- children's expectations of parents post the separation.
- what is a normal response to separation and divorce and what is not.
- how children might react to new partners
- what being part of a blended family might be like for a child or teenager
- how their own behaviour, as individual parents, can impact on the children.
- how maintaining a civil relationship as separated parents is crucial to the children's recovery, particularly important is how parents choose to communicate with each other.
- the need for separated parents to look after themselves and find an appropriate person or people to share their anger, sadness and negative feelings with about their ex.
- whether the 'leaver' or whether the one who was left, both will have to experience the range of emotions attached to separation.
- how to manage contact arrangements, particularly when it involves a special occasion.
- the idea that it's about making the most of the time that you spend with your children, acknowledging that they, in the main, just want to spend time doing normal things with you. The greatest gift you can give to your child is your time.
- bad partners are not necessarily bad parents.

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