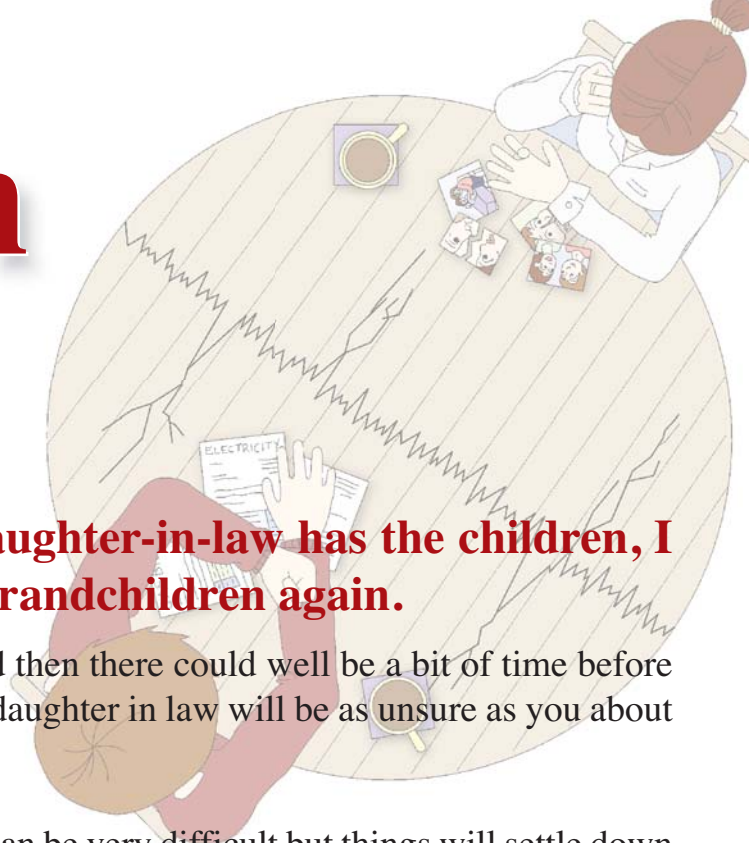


Living with **Separation** *& Divorce*



My son's marriage is over and my daughter-in-law has the children, I am worried that I will never see my grandchildren again.

If your son and daughter-in-law have just separated then there could well be a bit of time before all things are sorted out. The chances are that your daughter in law will be as unsure as you about how to talk about what has happened.

The time during which the separation is negotiated can be very difficult but things will settle down eventually. It is important to keep communication open and stay calm. Do not talk about the separation to your grand children. Provide a caring and non-judgemental environment for them. Listen but do not make your own comments about their mother or father. If your daughter in law finds that you are trying to support the children, she will find it easier to keep in touch with you.

Try and let your daughter in law know that you would still like to keep in touch and will do your best to support the children in whatever way they need.

Grandparents can be a great support for children, as long as they do not put the children in a difficult position by talking about their parents in a negative way to them.

Most parenting plans include significant time for the children to be with their father. At the very least your son will be able to bring the children to visit you when they are with him.

If you feel you need to take legal advice then make sure you go to an experienced family lawyer. While you may have legal rights, you have to weigh up your options very carefully. Mediation may be a better route than going to court. Court can be very adversarial and even if you win, family relationships may be badly damaged.