

Living with **Separation** *& Divorce*

I am really worried about our children.

Separation will change your children's life. There is no avoiding that. However, there is a lot you can do to help them through this time.

Your children love you both. Do not put them in the middle. Don't ask them to carry messages between you and try and keep your arguments away from them.

Your children will need to feel that their relationship with both of you is secure, even if you have become completely estranged with each other your children need to know they can love you both.

They stand in the middle. They can't choose because they love you both. Do not ask them to. Try and find a way to agree parenting arrangements without too much fighting. Going to mediation will help this.

There are a number of ideas in the LWS Book.

