

10 Top Pointers for Parents

- Conflict between parents is the major cause of difficulties and poor outcomes for children.
- Children with parents who are separating and divorcing need reassurance that their parents still love them and will be there for them.
- Children do not need to feel guilt.
- Children and young people need information about what is happening in their family in a straightforward and honest way.
- Children should be non-partisan and should not feel pressured to take sides.
- Children benefit from keeping contact with their mothers and fathers.
- Listen carefully to what your child/children have to say.
- Children can cope with short-term disruption in their lives – as long as parents continue to support them.
- Children copy best when they can go easily between their two homes and their parents.
- Children need their parents to make decisions and to take a lead.