

divorce and separation

helping children and parents to cope

Understanding Childhood is a series of leaflets written by experienced child psychotherapists to give insight into children's feelings and view of the world and help parents, and those who work with children, to understand their behaviour.



As parents, we all hope to build a safe familiar world for our children to grow up in. When **your children experience the ordinary losses and disappointments of life, as an adult you can stand back a bit from their distress and offer them your sympathy and support. But when you face a serious family loss or upheaval, it is a struggle to manage your own grief, disappointment or anger, so at first you may not be able to help your children. It is not surprising that at times most parents find this double burden too much to cope with. We hope this leaflet will help you to understand how you and your children may be feeling and to think about what may be best for all of you when relationships go seriously wrong or break down.**

How parents come to terms with separation

Separation affects everyone. The loss of a shared life and giving up the idea of a future together for the family is bound to be painful. Most people do manage to make the adjustment, but it can be a long haul and there will be times when you can't see how things will turn out. You need to make allowances for yourself and your children for some time – maybe for several years.

Living with the children

It is usually the mother who remains living with the children, often as a lone parent. Many people feel very alone at times like this. Before you can give support to your children, you need to feel supported yourself. If you are fortunate, you have understanding and supportive family and friends who rally round. Some people also turn to their own cultural and religious communities. This can be a valuable source of support.

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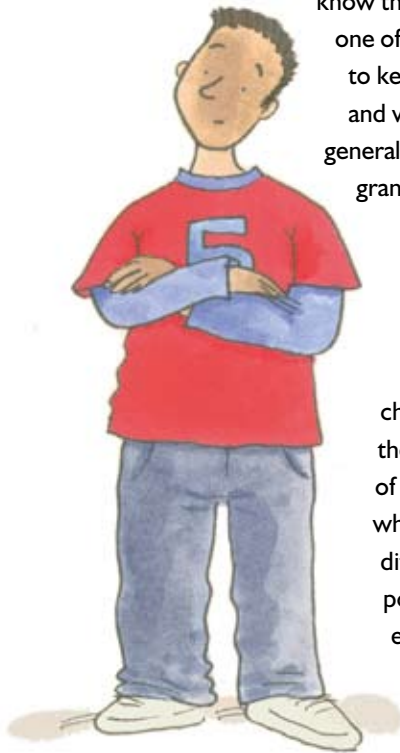
tel: 01303 261000

There is a natural and inevitable temptation to fill the gap left by your partner by taking one of your children into your confidence. But this puts your child in a very difficult position and may stop them being able to turn to you as a parent.

This may be the time to talk to someone who is not personally involved – perhaps your GP in the first instance.

Keeping in contact with both parents

Even when children feel it is better for their parents to part, almost all of them want to know that it is not going to cost them one of their parents. They will want to keep in touch with both of you and with the wider family generally, including their grandparents.



If you have separated by mutual agreement, you are probably able to work together to soothe your child through the difficult changes ahead. However, when the parent with the main care of the children and the parent who has the contact find it difficult to see each other's point of view, the child's experience of the separation is much more difficult.

The parent who has left the family home almost certainly feels that

they have to cope with more changes in their daily life than the one who stays there with the children. They may feel they are increasingly losing touch with the everyday lives of the children and have to find new ways of being together with the children.

Some parents find the loss of daily contact with their children so painful, and the children's distress so difficult to cope with, that they decide it is better to make a clean break. But children feel deeply hurt and rejected when a parent suddenly disappears from their life even if the parent thought they were acting for the best.

Any contact is usually better than none at all. When regular visits are not possible, letters, photographs, birthday cards and phone calls make a child feel cared about by both parents.

For some children the possibility of contact causes great distress. This may be related to exposure to violence or other traumas and professional help may be needed for the child.

Visits

Arrangements must be faithfully kept so that your child is not let down. This can be difficult for both parents.

- From the point of view of the resident parent, visits may seem annoyingly like treats while they have the daily responsibility of sorting out routine chores and activities, such as school, homework and discipline. If contact arrangements ('access') are flexible, they may feel that they can never make their own plans or have any privacy.

Further help

You may find it helpful to contact a group of other lone parents, such as Gingerbread, or your own community group for information and support.

If you have concerns about your children you may find it helpful to talk to your health visitor, GP or school about a referral to your local NHS Child and Family Guidance Centre.

For adults, local dispute resolution and mediation services exist through the courts, National Family Mediation or privately.

Often the practical arrangements for contact with the ex-partner are a problem. There may

be a contact centre in your area which provides a neutral safe place for contact visits. They often help when ex-partners do not want to meet face to face.

If you need specialised legal advice, solicitors who are members of the Family Law Association are able to help.

The library or town hall can help you with addresses for the services mentioned or look in the telephone book under your local health authority.

- The visiting parent may see questions about what will happen during a visit as doubting their parenting ability.

Protecting children from adult problems

When adults are angry with each other, misunderstandings can easily occur.

Try to put the children first.

- Remember you are both still parents even if you are no longer partners.
- Children need to be kept clear of the conflict between their parents.
- Resist any temptation to use contact arrangements as a way of paying back an ex-partner. Try not to let the mood you are in affect the arrangements, leaving your child not knowing what to expect.
- Your child is very tuned into your state of mind. You need to be honest with yourself about the messages you are conveying to them. For instance, if you feel uncertain or unhappy about visits, your child may not feel free to come and go or be able to benefit from the contact with their other parent.
- Financial insecurity may lead to short tempers, anxiety, nagging and hostility that is hard to conceal from children, but do try.

Useful Understanding Childhood leaflets

Fathers

Grandparents and the extended family

How children come to terms with separation

Children usually wish that their parents would stay together. Sometimes they try to bring them together again by being very good. Younger children may imagine that it will all go back to how it was if they think and behave in a 'magically' good way.

Children develop by becoming able to face difficult experiences and they learn from seeing how you struggle through. Even if your child is having problems, it doesn't necessarily mean things are going badly. It may be that they are struggling hard and will come through well in the end.

Loss from separation and divorce is different from loss through death. The family relationships which the child was part of have gone, yet the

people themselves are still around in the world leading different lives. Their behaviour can seem selfish and unnecessary to the child.

It may be hard for the child to understand and name what they have lost. They may be confused about whether the loving family they once thought they had ever really existed at all.

What children need to know

You don't need to tell your child all the details about the breakdown of the relationship with your ex-partner, but it is important for them to know the facts about their future. For instance:

- when they will see their other parent and their grandparents, aunts, uncles and cousins
- whether they will be moving house or changing schools.

You may feel tempted to persuade one, or all, of your children to take your side against your ex-partner. This is not in the child's best interests. They may well feel disloyal whatever they do and it makes it more difficult for them to sort out their own feelings.

How children express their feelings

Your children may need to fill you with all the anger, doubts and helplessness they feel overwhelmed by themselves. It is easier for them to cope when they are able to make their suffering clear and to feel confident that their needs will go on being met. It may feel to you as if they are telling you that everything you try to do is wrong, but it is their way of asking you to help them.

For most parents, their children's anger and sense of betrayal is far too close to what they are feeling themselves and this is difficult to manage. Sadly, children may feel that not only have they lost the parent who has gone, but that the one who has stayed with them is terribly changed.

Useful Understanding Childhood leaflets

Separations and changes in

the early years

Children, like adults, react in their own way to stress and unhappiness. Their reactions are likely to be different at different ages:

Under five

Young children normally experience anxiety when they are separated from a parent. This anxiety usually shows itself in crying, clinging and difficult behaviour. With the additional stress of family break-up, you must expect the child to find separations and changes even harder to manage. They may show great reluctance to leave you for a contact visit, and then have a tantrum when it is time to say goodbye to their other parent at the end of the visit. This is distressing for everyone, although it is natural in the circumstances.

Middle childhood

Children aged between about six and eleven years old have a better understanding of what is happening, but are not able to deal with the conflict of loyalty the separation stirs up. They may even blame themselves and have feelings of guilt. They need you to accept that they are in turmoil and to understand that they may take this out on those around them before their life begins to settle down again. School can sometimes be a haven for the child but you need to be patient if they are not coping as well as they did with friends and school.

Adolescence

This is an important time for sorting out a young person's sense of themselves, their identity. For an adolescent, their parents' separation makes them feel insecure just as they are wanting to start to separate themselves from their families as part of their normal development. Adolescents also feel guilty too, because they feel that they have caused the separation. Some teenagers deal with this by a sudden angry rush towards independence, as a way of not facing what is happening at home. For others, the uncertainty may pull them back into the family. It is important for adolescents to have contact with the parent of the same sex.

The child who makes little fuss and withdraws into themselves is the one to be most concerned about. You should take special care to offer a child like this as much time and consideration as you would if they were more obviously having problems. If you are in doubt as to how concerned you should be, you may find it helpful to talk to your child's teacher or your GP or health visitor as to whether you should seek further help.

Whatever the age of your child at the time of the separation and their reaction at the time, it is something they will continue to sort out in their minds in different ways as they grow up. So be prepared for difficulties to resurface whenever there are changes and uncertainties to be managed.

Discipline

Children probably experience a lot of inconsistency from distressed, preoccupied adults during the separation. As a result, discipline is likely to become a much more difficult issue than before.

You may feel anxious about what your children are allowed to do when they are with your ex-partner or you may discover that your own new partner looks at the matter of discipline in a different way. Try not to take this situation out on the children. Parents need to understand that they have a responsibility to sort it out.

Parents can sometimes lose their sense of proportion about discipline and behaviour when



they are anxious about the possible effects of the separation on the children. They may see good behaviour chiefly as a reassurance that the children have not suffered, or they may become more intolerant of bad behaviour because of the worry and guilt it stirs up.

Stepfamilies

When families break up, it is often to form new families. If you have a new partner, you hope to build a new future for your family together.

You need to remember that you are asking a lot of your children just when they are trying to manage the loss of one parent. They have to:

- learn to cope with the new adult who seems to have taken mum or dad's place
- get to know step-grandparents, step-brothers and sisters and, of course, babies born of the new relationship
- sort out old loyalties and new jealousies

- get used to different ways of doing things and new living arrangements, such as shared bedrooms.

Even for very young children, it is important to be clear that your new partner doesn't automatically become a new mum or dad. Such a close relationship can only grow in time – and then only if a step-parent and step-child really do have a feeling for one another. It is better in the meantime to accept that a certain distance is inevitable and more respectful for all concerned.

Your ex-partner also does not want to feel that someone else has taken their place as dad or mum. If you take things slowly, it may be possible to sort out an arrangement with which everyone feels comfortable.



Useful Understanding Childhood leaflets

Sibling rivalry

Points to remember

- Be available for your child
- Your child needs time, space and privacy to sort out their feelings about your relationship.
- You may feel your relationship with your ex-partner is irreconcilable, but your child needs to rebuild their picture of a loved mother and father. This is much easier if it was once a loving relationship than if you were always unhappy together. Your child has to struggle with this on their own. You can love your children and look after them while they work this out, but you can't do it for them.
- Children often blame themselves for a divorce, especially if they have been naughty or feel they have tried to monopolise one parent. You need to tell them that it was not their fault.
- If you are preoccupied with your new life, you may also expect your child to put the past behind them. But starting again is not an option for your child. It may place a great barrier between you and your child if you convey to them your excitement about starting again. It may not feel like this to your child.
- If parents find new partners, and perhaps start new families, it can seem to the children of the original family that they are no longer your primary concern and that they are the only ones paying the price of the failed relationship.
- In the early days after the separation, children find it easier if parents conduct their new social and sexual lives when they are not around.
- If possible, allow time for your child to adjust to the separation before introducing something or someone new to cope with.
- Be prepared to take your child seriously if they are not ready for the next step.

Further help – organisations

YoungMinds Parents' Information Service

Information and advice for anyone concerned about the mental health of a child or young person

Free parents helpline 0808 802 5544

Web www.youngminds.org.uk

Parentline Plus

Support & advice for anyone parenting a child

FREE parentline 0808 800 2222 (24hr)

Textphone 0800 783 6783

Web www.parentlineplus.org.uk

Gingerbread and One Parent Families

Information and support for lone parent families

Helpline 0800 018 5026

Email office@gingerbread.org.uk

Web www.gingerbread.org.uk

National Association of Child Contact Centres

Keeps children in touch with both parents through a network of child contact centres

Information line 0845 4500280

9am to 1pm Monday to Friday

Email contact@nacc.org.uk

Web www.nacc.org.uk

National Family Mediation

Network of over 60 local not-for-profit family mediation services in England and Wales, offering help to couples who are in the process of separation and divorce

Phone 01392 271 945

Email general@nfm.org.uk

Web www.nfm.u-net.com

Parenting Plan

The Parenting Plan, produced by the Lord Chancellor's Department, provides information and guidance for those going through the process of separation and divorce. For a copy of the booklet please contact:

Department of Constitutional Affairs,
FREEPOST, PO Box 2001, Burgess Hill, West
Sussex RH15 8BR

Web www.dca.gov.uk/family/leaflets/parentplan

Relate

Relationship counselling organisation offering advice and mediation

Helpline 0300 100 1234

Monday to Thursday 8am - 10pm

Friday 8am - 6pm Saturday 9am - 5pm

Email enquiries@relate.org.uk

Web www.relate.org.uk

There are likely to be similar useful organisations in Scotland, Northern Ireland and Wales.

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