



Help Your Children Cope With Your Divorce: A Relate Guide

Paula Hall

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Children of all ages can be devastated by the news that their parents are splitting up. Even those who have been living in a highly conflictual situation are often shocked by their parents' final decision to separate. For most children, separation means major changes to family life and often losing a parent. The long-term impacts of divorce are now widely recognised with increasing chances of problems at school, criminal behaviour, problems in their own relationships and mental illness.

This guide will provide you with clear advice and guidance on how to minimise the impact of your relationship breakdown on your children. Including:

- An explanation of the age-specific issues that children face when they find out their family is breaking up
- Professional comment, stories and quotes from children
- Checklists and case studies

Acknowledging the personal difficulties faced by the adult who has made the decision to leave, as well as the adult who feels they are being abandoned, this sensitive, accessible guide is a must for all parents going through divorce or separation who are concerned for their children.

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