

Talking with your kids.

**Practical support to help parents
discuss divorce and separation
with their children**

What is this seminar about?

Separation and divorce can be difficult for everyone, especially your children.

Talking with your kids is a free 3-hour seminar for parents that assists you to support your children through such issues as:

- Parental conflict
- Carrying messages
- Financial stresses
- Taking sides
- Relationships and loyalty
- Dealing with step-parents
- Their understanding of your separation.

You'll be supported to:

- **Recognise** when your children feel caught in the middle of parental conflict
- **Respond** to your children when difficult situations arise
- **Develop** skills and strategies to give child-friendly explanations of adult issues.

We'll also cover some tricky questions your children may ask:

- "Why did you separate?"
- "How come you don't love Mummy/Daddy anymore?"
- "Why do I have to go to Mum's/Dad's place?"
- "Mum told me to tell you to pay my school fees – will you?"



Please note these seminars are for parents only.
**FREE children's activity group and light supper
will be provided.**