



PARENTING THRO' SEPERATION & DIVORCE

- *“Mum and Dad argue a lot”;*
- *“I wish my Dad were still living with us”;*
- *“There is a lot of shouting in our house”;*
- *“Why can’t we go back to how it was?”.*

These are things that children say when their parents no longer get on, when for whatever reason, the Couple-Relationship has broken down, but is still present.

- *“I feel I’m being pushed out of my children’s lives“;*
- *“I find myself losing control of my emotions”;*
- *“I feel I am being criticised in front of the children”;*
- *“I sometimes feel like I would like to go back to how it was before, but that can’t happen now”.*

These are things the parents say.

Things have changed and will never go back to how it was before. Mum and Dad, for whatever reason, have decided to separate but ... :“How do we tell the children?”.

This is where Hope-Parenting can help and support you, as Parents, to work out together on how best to tell your Children/Young-People and beyond that, to help and support them through this time of change and loss.

[N.B. Hope-Parenting can help bring a more holistic, Parent-to-Child/Young-Person, Family-Centred approach and perspective to matters, i.e. wider and/or beyond the Couple-Relationship one.]

Following an Initial-Assessment Session, during a 3-Session Programme, we will help you look at and consider:

- Your Children’s/Young-People’s Developmental Stage(s) & Needs;
- Family-Dynamics & Change-Aspects;
- Reactions To “Change and Loss”;
- Sharing Appropriately With Your Children/Young-People.

At the end of the 3-Sessions you should have a greater understanding of how you all cope with change and you, as parents, will be better equipped to explain to your children/young people about the changes about to take place within your family.

N.B: Many Adult/Later-Life Issues have their origins in childhood/adolescent trauma and/or loss, so getting help and support at the time (of and/or around the trauma) can really help mitigate some later-life issues.

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