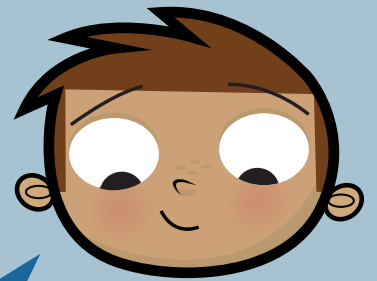
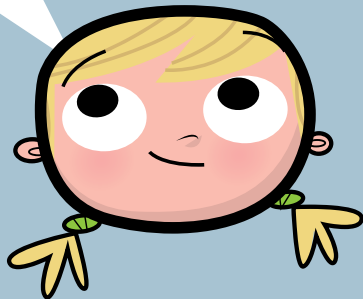


read other children's stories inside



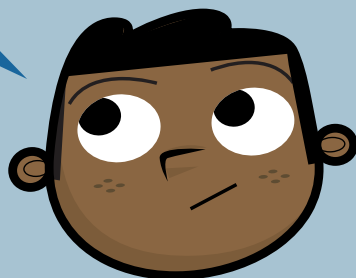
look inside for games and activities



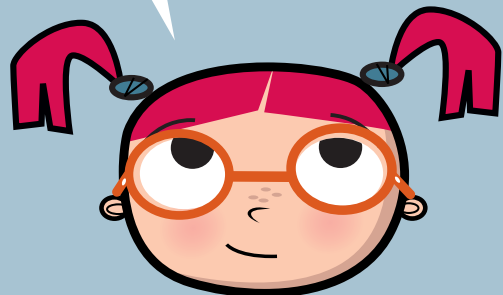
My family's changing



things will get better



who can I talk to?



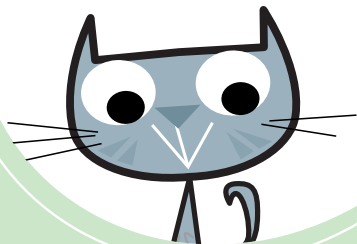
There are lots of reasons why some parents split up. Often it's because one or both of them is unhappy.

It's not your fault that this is happening.



It can be very confusing when parents split up. You could talk to an adult, like a parent or teacher, about any questions you have.

what about my cat?



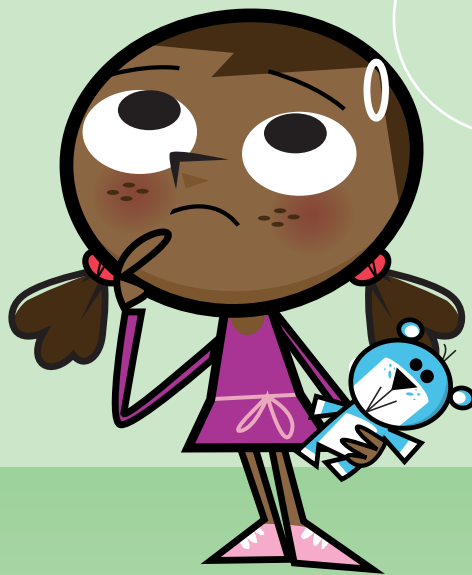
where will I live?



do they still love me?

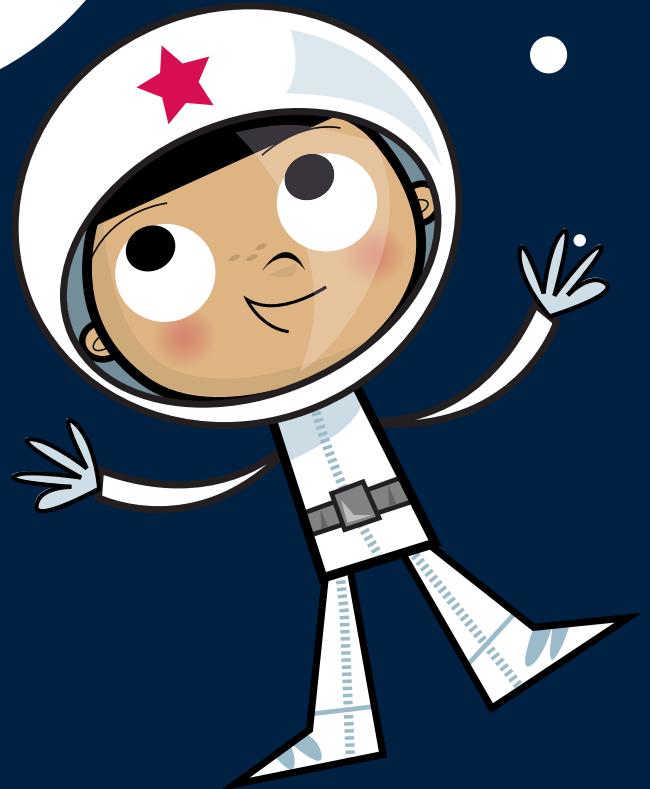
why are mum and dad angry?

who can I talk to?



My family and friends

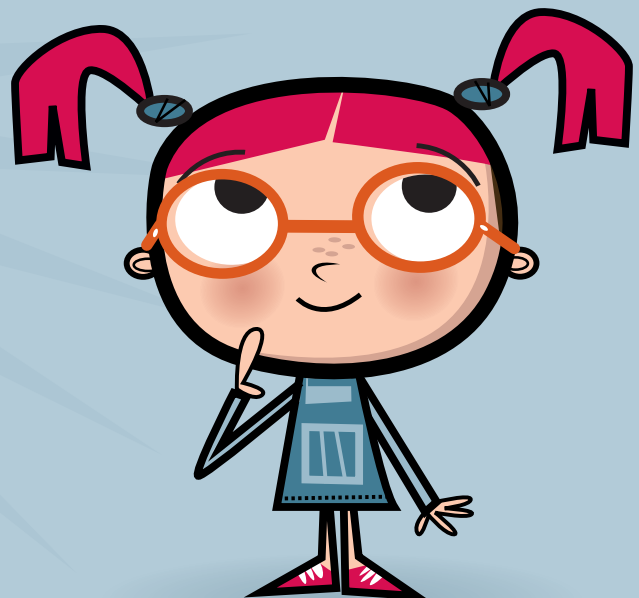
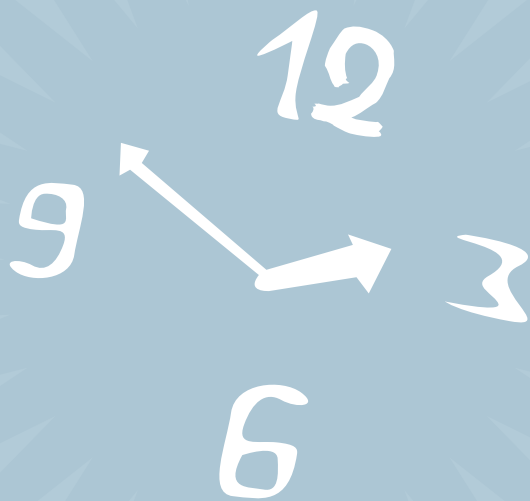
If you went to space, who would you take with you?
You can draw your family and friends here...



When parents split up they have to think about lots of things, like where you will live.

Change is not always easy. But most children find that things get better over time.

things will get better over time



What are your three wishes
for you and your family?

You might want to show
this to your mum or dad,
or another adult.

2

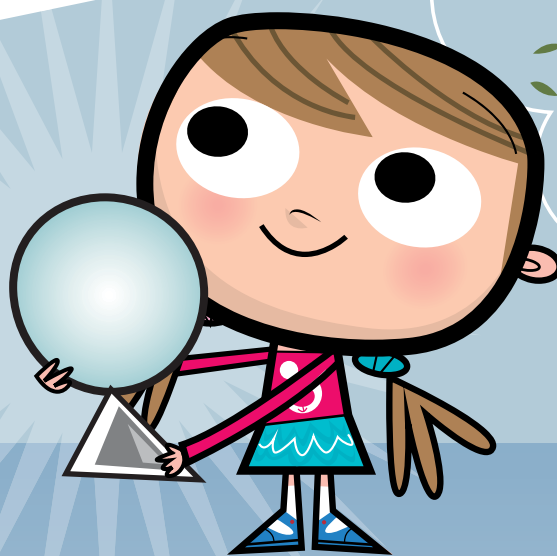
3

1



What do you want for the future?

If you want, you can use this page to write down what you want to happen. You could show it to your parents. You might not get what you want, but it might help to write it down.



**You might feel sad, lonely,
angry or confused. That's ok.**

**Talk to people like your friends
and family about how you feel.**

**Or do something that makes
you happy. You could read a
book or draw a picture.**



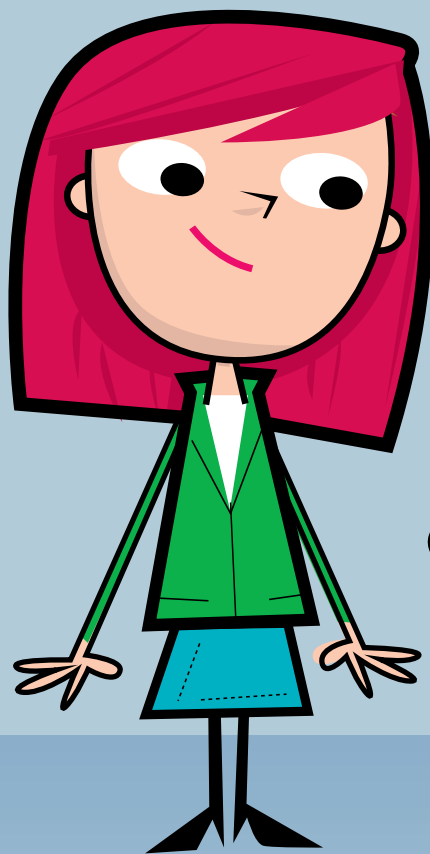
confused?

sad?

angry?

lonely?

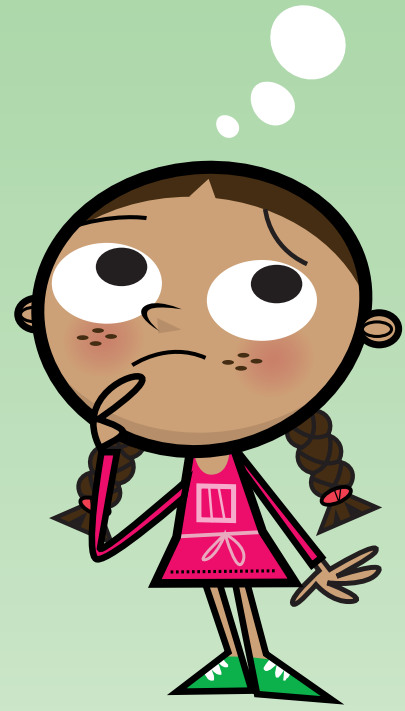
**talk to
someone**



Sometimes we talk about feelings and sometimes we keep them hidden.

There are lots of feelings to find in this word search. Which of these feelings are you keeping hidden?

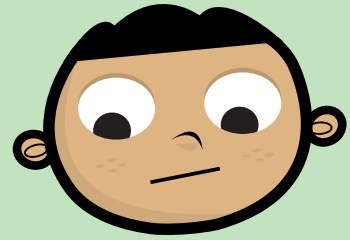
there are five more feelings in this word search – can you find them?



c	w	e	r	e	t	y	h	i	o	c
a	q	d	f	g	h	s	a	d	z	o
c	v	p	a	m	q	w	p	r	t	n
p	h	i	n	l	k	j	p	g	f	f
u	f	z	g	z	v	b	y	m	a	u
a	w	e	r	e	l	y	u	i	o	s
k	s	d	y	g	h	s	k	l	z	e
c	v	w	o	r	r	i	e	d	t	d
p	y	i	u	l	k	j	h	a	f	s
l	o	n	e	l	y	b	n	m	a	s
c	v	b	n	m	q	w	e	r	t	y

- angry
- confused
- happy
- lonely
- sad
- worried ✓

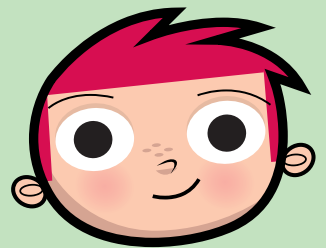
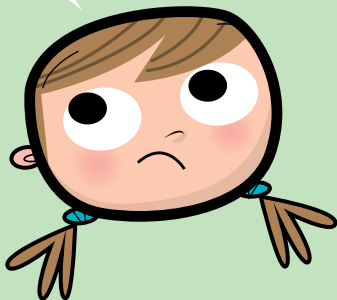
When mum and dad split up I moved to a new place with my mum. I was worried that I wouldn't get to see my friends any more, but when I visit my dad I get to see my friends too. Plus I have new friends where I'm living now.



My mum and dad have split up and I'm sorry to say it's for the better. They couldn't get on together and just argued.

Other child

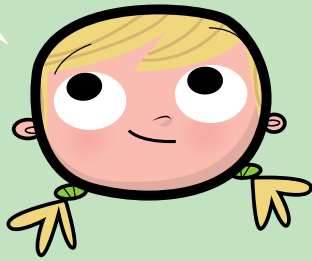
My friend's parents are getting a divorce. She tries to be ok with it but she just ends up being mean to cover up her feelings.



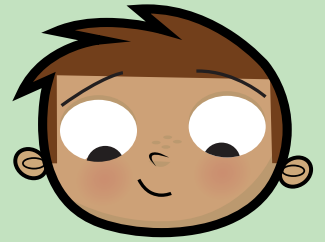
When my family changed I thought my life was ruined. But I found lots of different ways to help me cope – try to look for the positives!



My mum and dad are divorced but I got lots of help from my school and the rest of my family.



When my dad got remarried I was really upset but now I realise it's great because I have two families and I get to spend time with them all.



ren's stories...

Me and my sister are still together with mum. I still live in the same house and go to the same school. I wasn't sure how often I would see my dad, but it turned out ok and I see him at weekends.



I thought that when it was just dad and me living together I wouldn't get to see my nana and her cat Betty and this upset me. I still get to see them at weekends and holidays though.



Help!

Childline

A special help line
for children

0800 1111

www.childline.org.uk

National Youth Advocacy Service

Information and advice

0800 61 61 01

www.nyas.net

Divorce Aid

Advice for children
and families going
through divorce

www.divorceaid.co.uk

Voice

You can call this number
if you are unhappy with
decisions that have been
made about your care

0808 800 5792

www.voiceyp.org

It's not your fault

Advice for children whose
parents are splitting up

www.itsnotyourfault.org

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