

## Keeping the peace

Whilst this time is fully of highly charged emotions, remember that the breakdown is between you and your partner.

So it is important, to find a way of communicating with your ex partner that does not put children in the middle. This may be by email, text or through an agreed adult third party.

## Be kind to yourself

You are going through an emotional and difficult time, be kind to yourself. Do something you enjoy, like...

- Watching your favourite film
- Having a relaxing bath
- Chatting with a friend

Take some time out from the situation, it can take over...

## Don't get stuck

If you have significant concerns about your children when they are with your ex partner, this is a situation that needs to be sorted out legally.

Ensure that during any formal separation there is clarity over who will see the children when and how often, this helps to reassure children.

If you have Safeguarding concerns see overleaf for agencies to call.

## Special Events

There will be lots of special events in school and in life that our child will want you both to be part of, this can be really difficult.

Discuss with your child about how these situations can be managed. Include them in being part of finding a solution that suits everyone.

## Be Fair

Ensure that you identify peer support for yourself. It is not appropriate for your child to be the sounding board for your unhappiness.

If you are both parents to your child then they need to maintain a lifelong relationship with each of you.

It is easy for guilt to develop if children feel that parents are upset by the contact they have with the other.

## Talk about it

Even with the most amicable of separations there will be a lot of hurt and angry feelings in your child, they will also find ways to blame themselves for what has happened.

However hard you find it, talk as often as they want to, be honest, but do not denigrate your ex partner.

Try and help them to understand what has happened, assure them they are loved and you will get through this together.

# 10

## ways to help your child when you separate

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With nearly half of marriages ending in divorce, relationship breakdown is something that will impact many of us in some way...



## Keep focus

During this time, keep an eye on routine - eat, sleep, exercise, and maintaining studies and school attendance.

Remember their dreams and aspirations, it is easy to feel that these things are no longer possible, but their future matters and they can keep the routines going to reach for where they want to go.

## Share the love

Children need reassurance all the time, they need to know that they are loved and that what is happening is not a reflection of your feelings for them.

They will be feeling particularly vulnerable during this times and may express things in outbursts of anger or sullenness.

Consistently love them and be there for them—however hard.

## Domestic Abuse

If the relationship has ended due to domestic abuse, you Recognise will need support.

This could be friends, family or more formal legal advice, counselling services or specialist support.



## Adjusting

Children take a long time to adjust to these kinds of changes. Be mindful of the speed you are expecting them to become part of the new normal.

This will particularly be the case with potential new families being created. A situation that needs to be handled extremely sensitively.

## **You can find further advice and help at:**

www.teenshealth.org (choose—for parents)

<https://www.citizensadvice.org.uk/family/ending-a-relationship/how-to-separate/deciding-what-to-do-when-you-separate/>

www.gingerbread.org.uk

<https://www.gov.uk/separation-divorce>

www.actionforchildren.org

[https://advice.actionforchildren.org.uk/advice?](https://advice.actionforchildren.org.uk/advice?category=Splittingup&gclid=EAlalQobChMI8_zTgr6D6glVSrDtCh27awecEAAYAiAAEgJHEvD_BwE)

[category=Splittingup&gclid=EAlalQobChMI8\\_zTgr6D6glVSrDtCh27awecEAAYAiAAEgJHEvD\\_BwE](https://advice.actionforchildren.org.uk/advice?category=Splittingup&gclid=EAlalQobChMI8_zTgr6D6glVSrDtCh27awecEAAYAiAAEgJHEvD_BwE)

www.youtrust.org - domestic abuse support (Nest team can make a referral for you)

### **If you have Safeguarding concerns:**

MASH (multi agency safeguarding hub) - 01202 228866

NSPCC <https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/> - 0808 800 500

## **Other leaflets available**

- Loss ● Anger ● Anxiety ● Sleep ● Bullying ● Managing Behaviour ● Coping with parents breaking up (leaflets for parents as well) ● Lockdown
  - Self-harming ● Attendance ● Dyslexia ● Dyscalculia ● ASD
  - ADHD ● Depression ● Workload ● Work stress ● Confidence
- Building Confidence

If you would like to receive a copy of any of these 10 Ways To leaflets, please email [wellbeing@purbeck.dorset.sch.uk](mailto:wellbeing@purbeck.dorset.sch.uk) and we will send them to you

To contact the Pastoral team at The Purbeck  
School email;

**[wellbeing@purbeck.dorset.sch.uk](mailto:wellbeing@purbeck.dorset.sch.uk)**