

## **NOWELL MELLER SOLICITORS LTD FAMILY LAW SERVICE**

### **LEAFLET NO.2D – SUPPORTING YOUR CHILDREN**

It can be really hard and upsetting for children when their parents split up. But most find that in time things do get better and they can eventually feel OK about what happened.

#### **Listening to your children**

It can be hard to talk to children about their wishes. It can be hard for them to say what they want for fear of upsetting either of you. But it is as important to listen to them as it is to talk to them.

This does not mean giving them responsibility for adult decisions, but it does mean allowing them to say who matters to them, and to ask about their worries. It is also important to make sure they can say if something is happening that they don't like and want to stop.

If it is too difficult for you to hear what they are saying or for them to say what they "do" and "don't" want directly to you, why not ask other family members, other trusted adults or outside agencies to help?

#### **Telling the children**

You will need to tell your children about the arrangements you have made for them. They will find it easier if the arrangements are clear and follow a regular pattern, rather than being changed at the last minute.

It will be better for the children if you tell them the arrangements you have made together, provided you really are agreed. It would be very harmful if they saw you disagreeing or arguing about the arrangements.

#### **Remember**

Always remember to tell your children that:

- It is not their fault that this is happening
- Both of you will always be their parents even if you are not together anymore

- Living apart from one of you doesn't mean that they can't continue to have a relationship with both of you. Even if one of you lives far away, you will be part of their life, and make use of telephone, cards, letters, texts or email

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NOTE: The above is intended as a general guide for your information. It is NOT intended as a substitute for proper legal advice. Each case is different and advice cannot be given without a proper analysis of your own circumstances.

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