

## Separation: how do they work it out??

Don't make your child feel guilty that they do not feel the same way as you do about their other parent.

Try to keep your feelings about the other parent away from your child, they need permission to love both of you.

How you feel when you first separate will not be how you feel in the months to come, arrangements will need to be flexible.

A child's superpower is hearing things they shouldn't, even when you are sure they are not listening.

Children often blame themselves when relationships go wrong, you need to let them know that none of this is their fault.

You parent differently to anyone else, not just your ex-partner, what they do is just different not wrong

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