



Tips from the Divorce Support Club

Surviving the summer
holidays as a single parent

1 Co-parenting: your **vision**

Create yourself a co-parenting vision so that you can have some clarity on what you want your relationship with your ex to look like in the future. Ask yourself:



What do you want the relationship to look like in 5-10 years' time?



What do you want it to look like at your child's wedding?



Is what I'm about to say going to help this vision?

2 Communicating with your ex

Whatever emails or texts your ex sends, follow the KIND formula:

- Kid-centred: looking from the perspective of your child's best interests.
- Informative: keep all correspondence informative rather than emotional.
- Nice (respectful/civil). Avoid responding to anger with more anger.
- Direct: keep your communication short and to the point without giving too much emotional information.

3 Ways to put the children at the centre

Here are some ways you can put the children at the heart of what you do:

- Separate roles: a) your ex and b) the parent to have a different viewpoint.
- Being friendly is very different to being friends.
- You can only control your words and behaviour, not theirs.
- Think if one thing your ex does really well (i.e. they always show up on time) and focus on that when communicating.

4 It is conflict rather than divorce that **damages children**

All research shows that it is conflict rather than divorce that damages children. Here are ways to avoid conflict:

- If your ex puts the children in the middle, you can choose to not join in.
- Don't bad-mouth the other parent in front of the children.
- Be flexible not a pushover, ask 'how will being flexible here help the children?'



5 Reframe the time your children are away

Ask yourself the following questions to help you change your perspective:

What can I do in this time that I couldn't do otherwise?

What have I always wanted to do but never had the time?

Who do I know that does this well? Model them.

Who could I arrange to see/visit/spend time with?

What do I love doing and how can I do more of that?

If there was one upside to this, what would it be?

6 Planning a holiday as a single parent

Some things to consider when planning a holiday with the children as a single parent:

- Google single parent holidays. There are lots of companies such as:
singleparentsonholiday.co.uk
- Do you want familiarity or adventure?
- Do you want to travel as part of a group?
- Do I need permission of the other parent?