



Tips from the **Divorce Support Club**

Supporting your children
through your divorce

1 Two important things to be **aware** of as parents

As parents who are separating, there are 2 important things that you should be especially aware of.



Exposure to ongoing conflict has long term damaging effects. Children look at their parents as people who should make them feel safe. Exposing them to ongoing conflict breaks this view.

Not being able to have a relationship with both parents is detrimental. Don't make your child feel like they have to choose between you. Put your child first, not in the middle.

2 How will this affect **my** child?

Everything that you say and do will affect your child, so make sure you are always asking yourself "how will this affect them?"

- It is so important to distinguish the difference between 'your ex' and 'co-parent'. They are two separate roles, so separate your emotion and keep them as such.
- Recognise when you go wrong, and admit this to your child.
- When reacting to something, ask yourself 'how will I feel about this reaction if I look back in 5 years? Will I be proud, or will I be embarrassed?'



**Gain access to the full
guide by subscribing to
the free **Divorce
Support Club****

**[https://walkerfamilylaw.co.uk
/divorce-support-club/](https://walkerfamilylaw.co.uk/divorce-support-club/)**