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**Tips from the
Divorce Support
Club**

Making Christmas a happy
time for your children

1 How should you **divide** the time?

There isn't a right or wrong answer. It depends on a number of factors; location, age, what the children themselves want.



It is important to keep in mind that it's about finding out what works best for you. Some people decide to carry on spending Christmas together for the sake of their children, and this works well for them. **There is no one size fits all.**

People often use the school holidays as a guide e.g. "The holidays are 2 weeks long. You take 1 week and I'll take the other".

The most important thing is to keep an open mind, and try to start planning well ahead of time - be prepared.

2 Coming to an agreement - don't assume

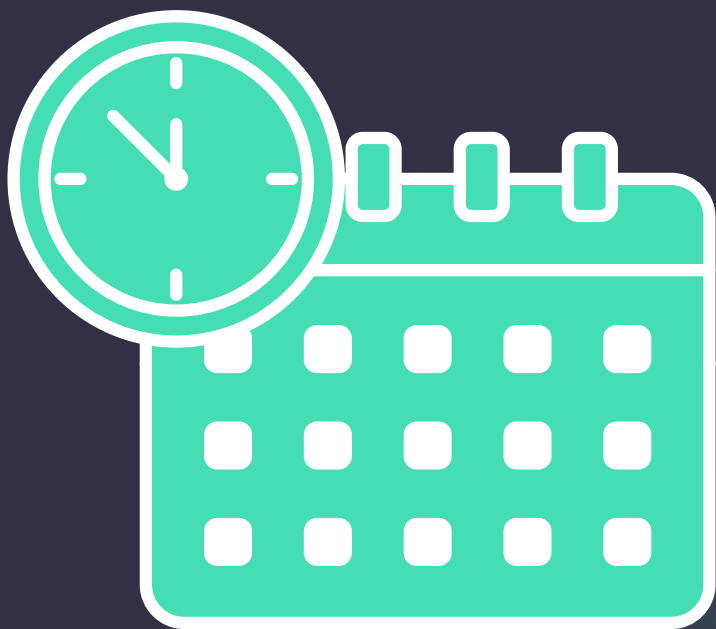
A lot of the time people will assume their ex partner is trying to be sneaky, or trying to 'punish' them. You shouldn't assume these things, because doing this can impact your own motivations negatively.

- Regardless of what your ex partner may or may not do, stand firm in your integrity.
- When going into a conversation with your ex about the arrangements for Christmas, think to yourself – how do I want my children to look back at this Christmas in 10 years? And then go into those conversations with that mindset.



3 Focus on the **time you do have**

It's easy to get caught up in the negatives, especially if the other parent has the children on Christmas day, but it's important to focus on the time that you do have.



Have a second Christmas, on a separate day, there's no rule to say Christmas has to be over for everyone on the 25th!

On the days that you don't have your children, try to think of something you could do over Christmas that you wouldn't be able to do if you did have the children. Do something for yourself.

You can make Christmas special for you and your children in your own way. The date isn't what's important, it's what you do with the time that you do have.

4 Presents with **no strings attached**

Quite often you will hear that a child has received a gift at one parents' house, and it has to stay there. Essentially the child is not allowed to take this gift to the other parents' house.

- Unless there is a good reason that your child can't take a gift to their other parents' house, you should try to avoid doing this.
- The better thing to do is make it clear to them that it is their responsibility to take this gift to and from each home. Or even let the other parent know about the gift, and that you would like it to come back after each visit.



We hope this guide has provided you with valuable insights.

If you are looking for further guidance or feel that more tailored support could make a difference for you, please reach out to [Claire Macklin](#), our experienced divorce coach.