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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.



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