

Books and links to support separation.

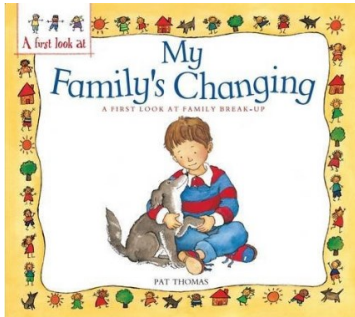
To support children during a separation and help with their worries, you must;

- 1. Remind them that they're loved by both parents*
- 2. Be honest when talking about it but keep in mind the **child's** age and understanding*
- 3. Avoid blame and don't share any negative feelings the adults have about each other.*

Links;

<https://www.littleparachutes.com/category/divorce-separation/>

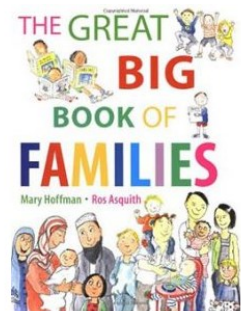
My Family's Changing by Pat Thomas



The book explores the issues of divorce in reassuringly simple terms. The fears, worries and questions surrounding this difficult experience are made accessible and approachable. This book uses the language 'divorce' however the reader can change the language to meet the needs of the child and their situation and experiences.

The Great Big Book of Families by Mary Hoffman

What is a family? Once, it was said to be a father, mother, boy, girl, cat and dog living in a house with a garden. But as times have changed, families have changed too, and now there are almost as many kinds of families as colours of the rainbow - from a mum and dad or single parent to two mums or two dads, from a mixed-race family to children with different mums and dads, to families with a disabled member. This is a fresh, optimistic look through children's eyes at today's wide variety of family life.



The Invisible String by Patrice Karst

A perfect tool for coping with all kinds of separation anxiety, loss, and grief. An Invisible string made of love, even though you can't see it with your own eyes, you can feel it deep in your heart and know that you are connected to the ones you love.

In my Heart, a book of feelings by Jo Witek

This book explores emotions; happiness, sadness, bravery, anger, shyness and more. In my Heart lyrically explains what an emotion feels like, physically, inside. This is a good book to use to use a tool when reflecting/discussing any feelings/emotions children may have during

