

Separation and Divorce

Tips and advice to help children deal with divorce or separation from the NSPCC

Separation may involve bad feelings between the parents and their families. Children can pick up on this, which may make them confused or unhappy – or even blame themselves for a break-up.

To support children during a separation and help them with their worries, you should:

- Remind them that they are loved by both parents
- Be honest when talking about it but keep in mind the child's age and understanding
- Avoid blame and do not share any negative feelings the adults have about each other
- Keep up routines such as going to school and specific meal times
- Let them know they can talk about their feelings with you – explain that it is okay to be sad, confused or angry
- Listen more than you speak – answering questions will help them to open up

There are lots of ways to make it a bit less painful when talking to children about divorce or any other difficult subject. [Click here for more guidance from the NSPCC.](#)

Childline

Sometimes children find it hard to talk to someone in the family about their parents separating. Remind them they can always contact Childline by phoning [0800 1111](#) or having a [1-2-1 chat online](#).

[Go to Childline](#)



Working together to keep our children safe and happy.