

BIG CHANGES AT HOME - MY PARENTS HAVE SEPARATED/DIVORCED

WHICH OF THESE CHANGES ARE YOU EXPERIENCING?

My mum/dad
lives in a
different home
to us



New/different
home



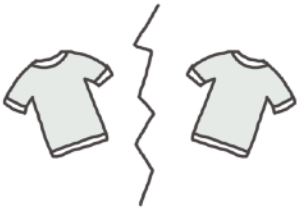
New school



New mum/dad



I have 2 lots of
clothes and
other things



Weekends are
split between
my parents'
homes



Bedtime
routine
is different



We don't do
things with
both our
parents



I can't stay over
with my mum/
dad because
they haven't got
space for me

I feel sad
sometimes
now



I don't see my
old friends
every day



I only see my/
one of my
mum(s)/dad(s)
at weekends
now

I feel safer now



It is quiet now
at home



My mum/dad
doesn't help me
with my
homework now



My family isn't
the same as my
friends' families



Big changes at home – my parents have separated/divorced

The purpose of the worksheet is to aid conversations with children/young people about the changes they are experiencing, and have experienced, and the related feelings and emotions.

It has been devised in a way that allows you to use it in whichever way makes sense.

You could:

1. Ask the child/yp to cut out the squares that apply to them and get them to rank the statements in terms of what is most affecting them.
2. Ask the child/yp to colour the squares that apply to them and then number them in terms of what is most affecting them.
3. Ask them to choose a square to talk about first, continuing until they have said all they want to.
4. Ask them to think of statements that are missing (don't reflect their experiences and feelings) and make their own squares.

Key points:

- Changes can be positive or negative but there may be complicated feelings around the positive ones: in the case of parents who have been fighting with each other, a child may say they feel safer, but then feel guilty for feeling that way about the parent who has left.
- There will be families where the parents are not together, but cannot afford 2 separate homes. Children may be very confused/upset about this situation.
- The child may not want to talk about the changes and prefer to express themselves through a non-verbal form, such as art/movement.