

How you can help your children

Never criticise your ex in front of them. *Criticism can harm their self-esteem.*

Reassure them they're loved and that the divorce/separation isn't their fault. *Many children assume they're to blame.*

Don't use your children as messengers. *The less they feel a part of their parents' battle, the better.*

Lean on other adults or professionals to help you. *Let your children be children!*

As long as it's safe, encourage their relationship with the other parent.

Ensure that financial contributions are fair. *Take legal advice if you can't agree.*

Always be guided by your children's best interests. *They are paramount...*

Take good care of yourself. *Your children need you now more than ever.*

Minimise their exposure to arguments. *Children are experts at listening in!*