

Parent's Pocket Guide



What Most Children Say

Creating Positive Outcomes for Your Children



Pocket Guide for Parents Who Live Apart

Divorce and parental separation can have adverse effects on children's adjustment and future life chances. This need not be the case if parents consider the advice from children contained in this guide.

The messages are clear and simple and are backed-up by research findings. Next to each 'message' is a list of numbers referring to many of the major research projects in this field. The relevant research references are listed at the back of this guide. Further information and links to the research articles can be found at www.kentfms.co.uk



Try not to argue
in front of us

but

tell us what is happening

and

keep talking
together about things
that affect us.

We don't want to be involved
in what went wrong or whose
fault you think it was.

In particular

we don't like it, or you,
if you criticise each other.

It makes us feel bad
and it affects us at school
and other places too.

We are mostly sad or
angry that you can't
live together anymore.

But

we can cope and get on
with our lives,
so long as you do too.
If you don't, we can't.



We need to be close
to both of you

This means

we like doing ordinary,
everyday things with both of
you - eating, playing, going to bed
and getting up, going to school,
watching TV ...

We don't want to make the decisions, but we do want you to ask what we think and to listen to what we say.

Remember, we have our own lives and friends to see, so please ask us about our ideas.

We need to be able to relax in our homes, have space and just be ourselves.



We don't mind if Mum and Dad
do things differently.

We can cope with different
rules in different places.

We just like being kids.

We love you both,
but do not want to be like
a grown-up friend
to confide in.

Children's Needs Research Findings

Links to all the research are available at www.kentfms.co.uk

- 1 Children's Involvement in their Parents Divorce.
[Butler/Scanlon/Douglas/Murch 2002](#)
- 2 The Exeter Family Study – Family Breakdown & It's Impact on Children.
[Cockett/Tripp 1994](#)
- 3 Children's Views of their Changing Families.
[Dunn/Deater-Deckard 2001](#)
- 4 Supporting Children through Family Change.
[Hawthorne/Jessop/Pryor/Richards 2001](#)
- 5 Current Research on Children's Post Divorce Adjustment: No Simple Answers.
[Kelly 1993](#)
- 6 Using Child Development Research to Make Appropriate Custody & Access Decisions for Young People.
[Kelly/Lamb 2000](#)
- 7 Family Court Review Vol. 39
[Lamb/Kelly 2001](#)
- 8 The Effects of Divorce & Custody Arrangements on Children's Behaviour & Adjustment.
[Family Court Review Vol. 35 1992](#)
- 9 Cohabitation, Separation & Fatherhood.
[Lewis/Papacosta/Warm 2002](#)
- 10 Drifting Towards Shared Residence.
[Neale/Flowerdew/Smart 2003](#)
- 11 Divorce & Separation: The Outcomes for Children.
[Rogers/Pryor 1998](#)
- 12 Children & Co-Parenting After Divorce.
[Smart/Wade/Neale 2000](#)
- 13 The Changing Experience of Childhood.
[Smart/Neale/Wade 2001](#)
- 14 Post Divorce Childhoods.
[Smart/Neale 2000](#)
- 15 Children's & Parents Experience of Contact After Divorce.
[Tinder/Berk/Cornolly 2002](#)
- 16 Divorce: The Child's Point of View.
[Walczak/Burns 1984](#)
- 17 Co-operative Co-Parenting Post Divorce.
[Walker 1993](#)
- 18 Surviving the Break-Up.
[Wallerstein/Kelly 1980](#)
- 19 Overnight Contact Between Parents & Young Children.
[Washak 2000](#)
- 20 Critical Aspects of Parenting Plans for Young Children.
[Pruett/Ebling/Insabella 2004](#)



Parentline Scotland is the free, confidential, telephone helpline for anyone caring for a child in Scotland.

You can call about any problem, however big or small. You can telephone us on **0800 028 2233** and email us at **parentlinescotland@children1st.org.uk**



RELATIONSHIPS

counselling, mediation
& family support across

SCOTLAND

Relationships Scotland supports a network of services providing relationship counselling, family mediation, Child Contact Centres and other related forms of family support. There are affiliated services located throughout mainland and island Scotland.

Tel 0845 119 2020

Monday to Friday 9am to 5pm

www.relationships-scotland.org.uk

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- Help to create positive outcomes for your children.
- Hear their messages by reading this Pocket Guide.
- More information about available sources of help can be found at www.clsdirect.org.uk



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