

Published on *Relationships Australia Queensland* (<http://www.raq.org.au>)

[Home](#) > [Printer-friendly PDF](#) > Printer-friendly PDF

Separation and your children

Tip Sheet

1. Tell your children that the relationship breakdown is not their fault.
2. Tell your children that you and your ex-partner both love them, and that your relationship with them is very important.
3. Keep conflict with your ex-partner away from your children.
4. If you need to meet your ex-partner to discuss arrangements, do so at a mutually agreed and public place, away from your children.
5. Tell children they don't have to choose sides and that you support their relationship with your ex-partner.
6. Make sure you consult with the children about decisions that effect them but don't ask them to make decisions only adults can make.
7. Tell your children they still have a family, only it is made up a different way.
8. Make sure both parents keep family rituals going, such as bedtime stories.
9. Minimise the number of changes children have to deal with.
10. Keep relationships with extended family and friends going

Separation and Divorce

Family and Children

Relationships Australia Queensland | Counselling - Support - Mediation

Source URL: <http://www.raq.org.au/resources/tip-sheet/separation-and-your-children>