read other children’s stories inside

look inside for games and activities

My family’s changing

things will get better

who can I talk to?

If you want more help, see the contact details on the back page
There are lots of reasons why some parents split up. Often it’s because one or both of them is unhappy.

It’s not your fault that this is happening.
It can be very confusing when parents split up. You could talk to an adult, like a parent or teacher, about any questions you have.

- why are mum and dad angry?
- what about my cat?
- where will I live?
- do they still love me?
- who can I talk to?
My family and friends

If you went to space, who would you take with you? You can draw your family and friends here...
When parents split up they have to think about lots of things, like where you will live.

Change is not always easy.
But most children find that things get better over time.
What are your three wishes for you and your family?

You might want to show this to your mum or dad, or another adult.
What do you want for the future?

If you want, you can use this page to write down what you want to happen. You could show it to your parents. You might not get what you want, but it might help to write it down.
You might feel sad, lonely, angry or confused. That's ok.

Talk to people like your friends and family about how you feel.
Or do something that makes you happy. You could read a book or draw a picture.
Sometimes we talk about feelings and sometimes we keep them hidden.

There are lots of feelings to find in this word search. Which of these feelings are you keeping hidden?

There are five more feelings in this word search – can you find them?

- angry
- confused
- happy
- lonely
- sad

worried ✓
When my family changed I thought my life was ruined. But I found lots of different ways to help me cope – try to look for the positives!

My mum and dad have split up and I’m sorry to say it’s for the better. They couldn’t get on together and just argued.

My friend’s parents are getting a divorce. She tries to be ok with it but she just ends up being mean to cover up her feelings.

When mum and dad split up I moved to a new place with my mum. I was worried that I wouldn’t get to see my friends any more, but when I visit my dad I get to see my friends too. Plus I have new friends where I’m living now.
My parents have just split up and I go to counselling, which really helps.

My mum and dad are divorced but I got lots of help from my school and the rest of my family.

When my dad got remarried I was really upset but now I realise it’s great because I have two families and I get to spend time with them all.

Me and my sister are still together with mum. I still live in the same house and go to the same school. I wasn’t sure how often I would see my dad, but it turned out ok and I see him at weekends.

I thought that when it was just dad and me living together I wouldn’t get to see my nana and her cat Betty and this upset me. I still get to see them at weekends and holidays though.
Help!

Childline
A special help line for children
0800 1111
www.childline.org.uk

Divorce Aid
Advice for children and families going through divorce
www.divorceaid.co.uk

It’s not your fault
Advice for children whose parents are splitting up
www.it’snotyourfault.org

National Youth Advocacy Service
Information and advice
0800 61 61 01
www.nyas.net

Voice
You can call this number if you are unhappy with decisions that have been made about your care
0808 800 5792
www.voiceyp.org