USEFUL RESOURCES FOR SEPARATED PARENTS TO ASSIST THEIR CHILDREN

Books for Parents:
"Mom's House, Dad's House: Making Two Homes for Your Child" by Isolina Ricci
"Co-Parenting with a Toxic Ex: What to Do When Your Ex-Spouse Tries to Turn the Kids Against You" by Amy J.L. Baker and Paul R. Fine
"The Co-Parenting Handbook: Raising Well-Adjusted and Resilient Kids from Little Ones to Young Adults through Divorce or Separation" by Karen Bonnell and Kristin Little

Online Communities and Forums:
DivorceCare for Kids: Provides online resources and support groups for children going through divorce and their parents.
The Parent Connection: Offers online forums and resources for parents dealing with divorce and separation.

Parenting Classes:
Parenting Through Divorce: Many organisations offer classes specifically designed to help parents navigate the challenges of co-parenting after separation. Uniting Care offers programs for parents and children during separation, for example.
Parent Education Programs: These programs provide information and support to help parents better understand the impact of separation on their children and develop effective co-parenting strategies.

Online Articles and Resources:
HealthyChildren.org: Provides articles and resources on helping children cope with divorce and separation.
Psychology Today: Offers articles and expert advice on parenting through separation and divorce.

Support Groups:
Parents Without Partners: A nonprofit organization that offers support groups and resources for single parents going through separation and divorce.
DivorceCare: Offers support groups for individuals going through divorce and separation, including specific groups for parents.
Family and friends: Don’t underestimate the value of support from family and friends at this time.

Self-Care Resources for Parents:
Encouraging parents to prioritize self-care through activities such as exercise, meditation, and spending time with supportive friends and family.
Providing resources on managing stress and seeking support for themselves, such as therapy or support groups for adults going through separation.

Child-centred Activities and Resources:
Children's Books on Divorce: Providing age-appropriate books for children to help them understand and cope with the changes in their family.
Art Therapy and Play Therapy: Encouraging children to express their emotions through art and play can be therapeutic and help them process their feelings about the separation.

School-Based Support:
Inform teachers and school counsellors about the separation so they can provide additional support to the child during this transition.
Inquiring about any support groups or resources available through the child's school for children experiencing family changes.

It is important for parents to obtain their own emotional support through this time, so as to best be able to effectively support their children through the separation. Encouraging open communication, validating their children's feelings, and maintaining consistency and stability as much as possible can also help children navigate this challenging time.