



When Families Separate

Supporting Children and Families Through Separation and Divorce

Despite the best happily-ever-after intentions, many relationships are ending in divorce or separation. Children can come through the other side of a separation safely and soundly, but so much of this will depend on how parents deal with the ending of the relationship. In any divorce or separation, there are things that will make navigating to the other side easier for all children. This workshop is for parents, or anybody who works with parents and families, who are going through the ending of a relationship. We will talk about:

- how to tell the children about a divorce or separation;
- what children need from both parents;
- the feelings and behaviours in children that might manifest in response to a parental separation and how to respond;
- why children need access to both parents (whenever this is safe to do so);
- how to reduce the child's felt sense of separation with the absent parent;
- how to support and strengthen the child's relationship with both parents;
- supporting parents through separation and divorce - what parents need to know;
- what parents can do for each other (and ultimately for the children);
- the loyalty bind - what it is and how to respond;
- when parenting styles clash;
- blended families - the most important step in making blended families work;
- the typical stages of building a stepfamily;
- how step-parents and parents can nurture new relationships between step-parents and children.



About Karen Young

Karen has worked as a psychologist in private practice, and organisational and educational settings. She is now a sought-after speaker, educator, and consultant, both at home in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written three books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.