

- Plan a series of conversations, including different follow up conversations, if your children are different ages. Be mindful that their reactions will depend on their age, developmental stage and their individual personality.
- Reassure your children that it is okay to feel sad or scared and showing emotion is good. They can always talk to either of you and ask questions.
- Remember you are a role model and your children are watching how you manage this situation. If they see that you are still their parents, making decisions together about them, then they will cope better.

You can obtain a copy of the 'Parenting through Separation' Guide by visiting the Watkins & Gunn website (www.watkinsandgunn.co.uk) or via the Resolution website (www.resolution.org.uk).



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