

Parenting through separation: Supporting your child's mental health and your own

Webinar Tip Sheet

[REPLAY LINK: BIT.LY/4VDW626](https://bit.ly/4VDW626)

Reassure & Validate

Let children know the separation is not their fault, they are loved, and it's okay to feel sad, angry, confused, or worried.



Create Predictability

Children feel safer when they know what to expect. Maintain routines, be consistent, and create new family traditions they can look forward to.



Keep Kids Out of Conflict

Avoid arguing in front of children, criticizing the other parent, or putting them in the middle. Remind them that adult problems are not their responsibility.



Take Care of Yourself

Your well-being matters, too. Practice self-compassion, lean on your support system, and model healthy coping for your child.

