

# Kids Come First

## Kids Come First: Helping Families Cope with Separation and Divorce

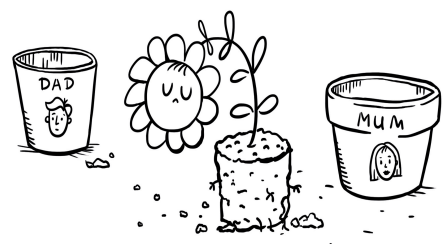
Whether we're divorcing, separating or 'consciously uncoupling', the fact is, around 50% of adult partnerships are ending these days. As a result, many more adults and children have to find a way to deal with the emotional impact and traumatic effects of family breakdown.

The end of any intimate, co-parenting relationship can often feel like you've 'lost your other half' and, as a newly single parent, everything feels very different emotionally. The loss of the relationship triggers a whole range of emotions which can feel like being on some awful, uncontrollable roller-coaster with it's dramatic and confusing ups & downs. And although this 'loss-cycle' is a necessary human 'journey' that helps us to process the change, there will certainly be times, as you recover from your separation, when you feel overwhelmed by the different stages of grieving i.e. sadness, anger guilt, depression, etc.

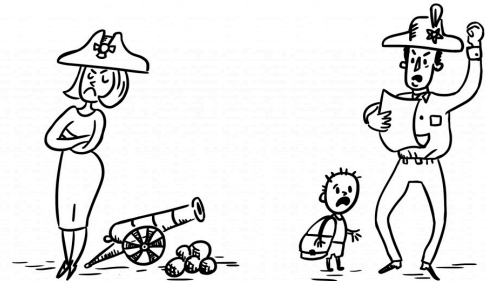
In light of all that's happening, it's easy to see why a state of panic sets in for many parents and/or they may become deeply engrossed in trying to resolve all the impending legal and financial implications of their separation. But all too often, this process happens at the expense of their children - who are mostly in a state of shock, confusion and emotional turmoil. Unintentionally, parents easily lose focus on how to address their emotional needs.



Whilst many gradual but significant changes in your child's behaviour may go unnoticed, you will almost certainly experience that now, more than ever, your children just can't seem to get enough of YOU. Especially when they have to adjust to being with only one of you at a time, they will rely and depend on you to be your 'strong, whole self' at a time when you find it most difficult. They may find it hard to share you with their siblings as the realisation that their parents are no longer together, sinks in. Parents are the planets that children revolve around, so it will feel devastating when their entire family 'solar system' is thrown into orbit. In struggling to deal with the new 'shape' of their family, children of different ages experience different stages or emotional impacts such as blaming themselves; not wanting to go to school; more tearful/sensitive than usual; not eating or sleeping properly; unusual fears/phobias/nightmares; fighting with friends/siblings; more illnesses, etc.



With all the pressured and increased stress levels, many parents then find it difficult to maintain a collaborative co-parenting relationship with their ex-partner. Parents who find themselves unable to work together or agree on the simplest of things can no longer provide the basic structure & positive input their children crave so desperately. Once communication breaks down and parental mistrust sets in, the conflict may even escalate. And it's this conflict that inevitably has a profoundly negative impact on children – especially when matters end up in the Family Courts.

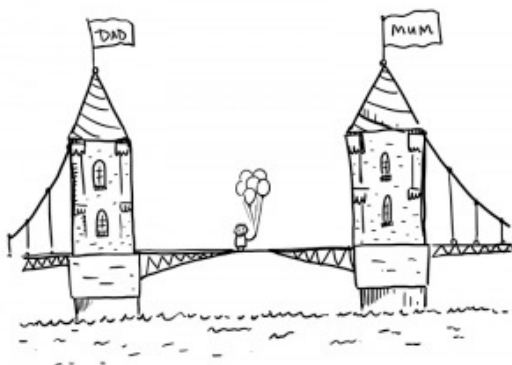


Having noticed the lack of support services available to separated parents, the founders of **Kids Come First** set out to provide **professional, child-focused, teaching workshops** for the benefit of parents and indirectly, their children. We developed the project using our varied experience and expertise working with separated parents, as well as our specialist training in family mediation, family therapy & counselling.

Our workshops are geared towards helping parents keep matters out of the family courts and protecting their children from the emotional damage caused by prolonged parental battles. Of course, we also recognise that every situation is unique, so if you are currently going through the court process, the guidance we offer will be equally relevant and valuable.

By examining the different ages of children, we enable parents to gain far greater insight and understanding of their behaviours and responses; knowing what to look out for and how to deal with each situation as it arises.

We believe there is a way to continue celebrating and nurturing your children 'together' beyond separation! **Getting the right support and guidance, when you need it most, will help you cope - so your children will too!** Call us on **07789497275** today.



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