

Kids' Turn Times



FROM CHILDREN TO THEIR PARENTS

April 2006

San Francisco

How Children Feel When Their Parents Separate or Divorce-

1. We feel sad and upset.
2. We feel sad even when our parents come back to get us.
3. We feel happy now because, when our parents were together, they always fought.
4. We feel different.
5. We feel bored.
6. We feel good when you spend time together.
7. We are confused- we don't really know what is going on.
8. We feel annoyed and angry sometimes.
9. We feel sad that our family is not together.
10. We get frightened because of the yelling.
11. We feel happy because we don't have to be with a parent who doesn't like us.
12. We feel frustrated and disappointed that our parents got divorced when they still love each other.
13. It does not feel right when we cannot call the other parent.
14. We feel relieved that you got divorced.

What Children Want From Their Parents When They Separate or Divorce

1. If you want to know more about the separation/divorce, please ask.
2. If you ever need more attention, please let us know.
3. We are going to try our best to not yell at you.
4. It's okay to remind us that we are too loud or are scaring you in any way.
5. We also want to live peaceful, happy lives.
6. We want to know what more you want to know.
7. We are surprised that you want better food.
8. Please let us know what we have not been doing.
9. Feel free to talk about whatever it is you need to talk about.
10. Grown up love and relationships can change, but a parent's love for a child is forever.

What Children Can Do To Help Themselves When Their Parents Separate or Divorce

1. We can call our other parent when we miss them.
2. We can spend time with our brother or sister.
3. We can use our stuffed animals to comfort us- we can take care of them, hug them and cuddle them.
4. We can spend time with our pets- kiss them and take them for walks.
5. We can cry everyday, if we need to.
6. We can punch a pillow or a punching bag.
7. We can go into our room, shut the door and rest for a little bit.
8. We can take a break and get out of the house.
9. We can talk to a family member.
10. We can go to our room and wait until you are finished arguing.
11. We can do a hobby we enjoy.
12. When we feel mad or angry, we can scream, cry a little bit, karate chop a loose paper or go outside and take some breaths of fresh air.
13. We can write a letter.
14. We can draw our feelings and problems.
15. We can play in the park.
16. We can talk to someone else whose parents are also going through a divorce/separation.