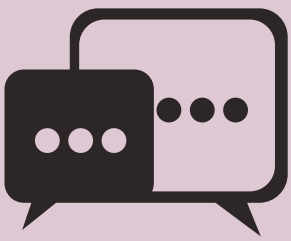


HOW TO FEEL BETTER FAST - WITH OTHERS [FOR KIDS]

Dr. Isolina Ricci, Ph.D.



TALK IT OUT

[Talk] with an adult you trust ... If you can't talk to a parent right now, talk to a good friend. Ask what they have done. If you feel bad a lot, talk to your parent about seeing a counselor for a while. Good talking almost always helps.

GIVE AND GET EXTRA HUGS

Hug your parents, grandparents, siblings. Ask for hugs back. Spend time with people you are close to.



TALK WITH FRIENDS ON THE PHONE, SPEND TIME WITH FRIENDS AND FAMILY DOING FUN THINGS

Talk about your interests, things at school, or activities, or do fun things with others where you don't think about the divorce. If you are on the internet, try instant messaging.

HANG OUT WITH YOUR PET

You can cuddle or talk to a pet or stuffed animal. When you take care of a pet by taking it for walks or runs, grooming its coat, or feeding it, you can feel useful. Your pet will appreciate it, too.



Ricci, I (2006). *Mom's house, dad's house for kids*. Simon & Schuster

F.A.I.R. SOLUTIONS

Providing mediation to resolve differences amicably, interpersonal skill coaching, and communication training
Molly K. Olson | www.fairsolutions-LLC.com

© 04/2020