

# LIVING IN TWO HOMES

## After Your Parents' Divorce or Separation

This can be a very confusing and difficult time. You may have lots of questions. You may feel sad or unsure about how to comfortably live in two homes. It will be different. It may not feel ideal. Change can be hard. Your parents both love you and want the best for you. Consider these tips to make your life in two homes as smooth as possible.

IT CAN WORK:

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### MAINTAIN YOUR ROUTINE



Adjusting to two homes won't feel as different if you keep some of your old routines. Support the predictable, regular, and consistent schedules your parents agree to.

### DITCH OLD (BAD) HABITS



Times of change are a great opportunity to establish new, healthier habits that you may not have practiced before. Sometimes different can be better.

### OFFER TO HELP



Moving can be stressful for everyone. Offering to help your parents can give you a sense of purpose and control while managing the changes. If you have pets or other siblings, they could use your support as well. Be a leader in your family.

### COMMUNICATE CLEARLY



It is important that your needs do not get lost. Communicate your feelings and thoughts clearly. This will help your parents provide the best support they can for you.

## F.A.I.R. SOLUTIONS

Providing mediation to resolve differences amicably, interpersonal skill coaching, and communication training.

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