

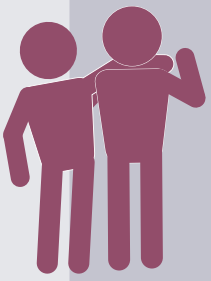
LIVING IN TWO HOMES

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: **2**

INVITE YOUR FRIENDS OVER



With your parent's permission, having your friends over to your new home can help you feel like this is your home, too, and show your friends they are welcome in the new space, just like at your first home.

SEEK SUPPORT



Don't be afraid to ask your parents or a trusted adult for help if you're feeling anxious, sad, or confused. It is important to make sure your needs are being taken care of amidst chaos and change.

"I MISS YOU"



Missing the parent you are not with is normal and healthy - it means you love them. Telling one parent you miss them is not a betrayal to your other parent. It's ok to want them both.

YOU ARE LOVED AND IT ISN'T YOUR FAULT



Moms and dads get divorced or separated for many different reasons but they never do it because of their children. The most important thing to remember is that your parents love you and their decision is not a reflection on you or your behavior.

F.A.I.R. SOLUTIONS

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