



Parental Separation

Parenting Tips

Parental separation has an important impact on your child, regardless of his/her age. Children may have different reactions towards their parents' separation.



As a parent, it can be difficult to know what to do to help your child. Here are some tips :

- Talk and prepare your child for the separation ;
- Listen to his/her comments and worries ;
- Try to see the situation from his/her point of view ;
- Avoid parental conflict in front of your child ;
- Avoid making impulsive decisions ;
- Adjust your expectations ;
- Validate your child's emotions ;
- Spend quality time with him/her ;
- Maintain his/her support system.

Reference : <https://www.canada.ca/fr/sante-publique/services/publications/vie-saine/parce-que-la-vie-continue-aider-enfants-adolescents-vivre-separation-divorce.html>

Take Note Of Behaviour Changes

Regardless of your child's age, he/she will likely communicate his/her emotions differently compared to an adult. He/she may not have the maturity and/or the capacity to communicate exclusively with words and in an appropriate manner. Your child may express himself/herself :

- by writing ;
- by talking or asking questions ;
- through art ;
- through play ;
- through tantrums ;
- by crying ;
- by isolating him/herself ;
- etc.

Pay close attention to the behaviours to develop a better understanding of your child's reactions and needs.



Reference : <https://www.canada.ca/fr/sante-publique/services/publications/vie-saine/parce-que-la-vie-continue-aider-enfants-adolescents-vivre-separation-divorce.html>



Livres / Books

Cloutier, R., Filion, L., & Timmermans, H. (2018). *Les parents se séparent : Mieux vivre la crise et aider son enfant*. Éditions du CHU Ste-Justine.

Couture, N., et Marcotte, G. (2013). *Formidable-Moi apprend à vivre avec des parents séparés*. Midi Trente Éditions.

Parent, C. (2015). *La famille recomposée : Des escales, mais quel voyage!* Éditions du CHU Ste-Justine.

Thayer, E.S., Zimmerman, J. (2001). *The Co-Parenting Survival Guide*. New Harbinger Publications.



Internet

<https://www.canada.ca/fr/sante-publique/services/publications/vie-saine/parce-que-la-vie-continue-aider-enfants-adolescents-vivre-separation-divorce.html>

<https://www.enfant-encyclopedie.com/divorce-et-separation/selon-experts/comment-les-parents-peuvent-aider-leurs-enfants-faire-face-au>

<https://www.helpguide.org/articles/parenting-family/co-parenting-tips-for-divorced-parents.htm>

<https://www.justice.gc.ca/fra/pr-rp/lf-fl/famil/livre-book/titre-title.html>

https://www.soinsdenosenfants.cps.ca/handouts/mentalhealth/separation_and_divorce#:~:text=Rassurez%20votre%20enfant%20en%20ui,pas%20responsable%20de%20la%20s%C3%A9paration.



Ressources / Resources

Séance d'information de groupe sur la parentalité après la rupture / Free information session on parenting after separation :
<https://www.justice.gouv.qc.ca/couple-et-famille/separation-et-divorce/la-mediation-familiale-pour-negocier-une-entente-equitable/seance-dinformation-de-groupe-sur-la-parentalite-apres-la-rupture/>

Fédération des associations de familles monoparentales et recomposées du Québec : <http://www.fafmrq.org/>

Pères séparés / Separated Fathers : <https://www.peres-separes.qc.ca/>

ANO-SEP : Organisme de support et d'entraide aux femmes vivant ou ayant vécu une rupture de couple ou un divorce : 514-277-9870

Ligne Parents (24/7) : 1-800-361-5085, <https://www.ligneparents.com/LigneParents>

8-1-1: Info-Sociale, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>

Suicide Action Montréal (24/7) : 1-866-277-3553, <https://suicideactionmontreal.org/>

L'Autre Maison Crisis Center (24/7) : 514-768-7225, <https://centredecrise.ca/lautre-maison>

West Island Crisis Center (24/7) : 514-684-6160, <https://centredecriseoi.com/>

Amis de la santé mentale - Friends for Mental Health: 514-636-6885, <https://info@asmfmh.org>

