



WHEN MOM

AND

DAD

SEPARATE

with a line under each word and a vertical line connecting them

Children Can Learn to Cope With Grief From Divorce

written by Marge Heegaard to be illustrated by Children

NAME _____

ADDRESS _____

PHONE NUMBER _____ AGE _____

FOR CHILDREN:



This is your book! You will make it special as you draw the pictures that come into your mind as you read the words on each page. There will never be another book just like yours.




This book was written to help you understand the many feelings children have about divorce. There are many changes when parents decide they cannot live together and must separate or divorce. It is often a difficult time for everyone.

You do not have to be able to draw or color well to add your thoughts and feelings to this book. You will need just a small box of crayons to draw lines shapes and perhaps a few words to tell some things you think or feel about the changes in your life. There is no right or wrong way. Do it your way.

Begin with the first page and do the pages in order. Don't skip pages. When you have one or a few pages, stop and share your work with an adult who cares about you. You will discover that you feel better after you have talked about your feelings with someone. You may decide you want to share your book with each of your parents so they can learn about your feelings too.

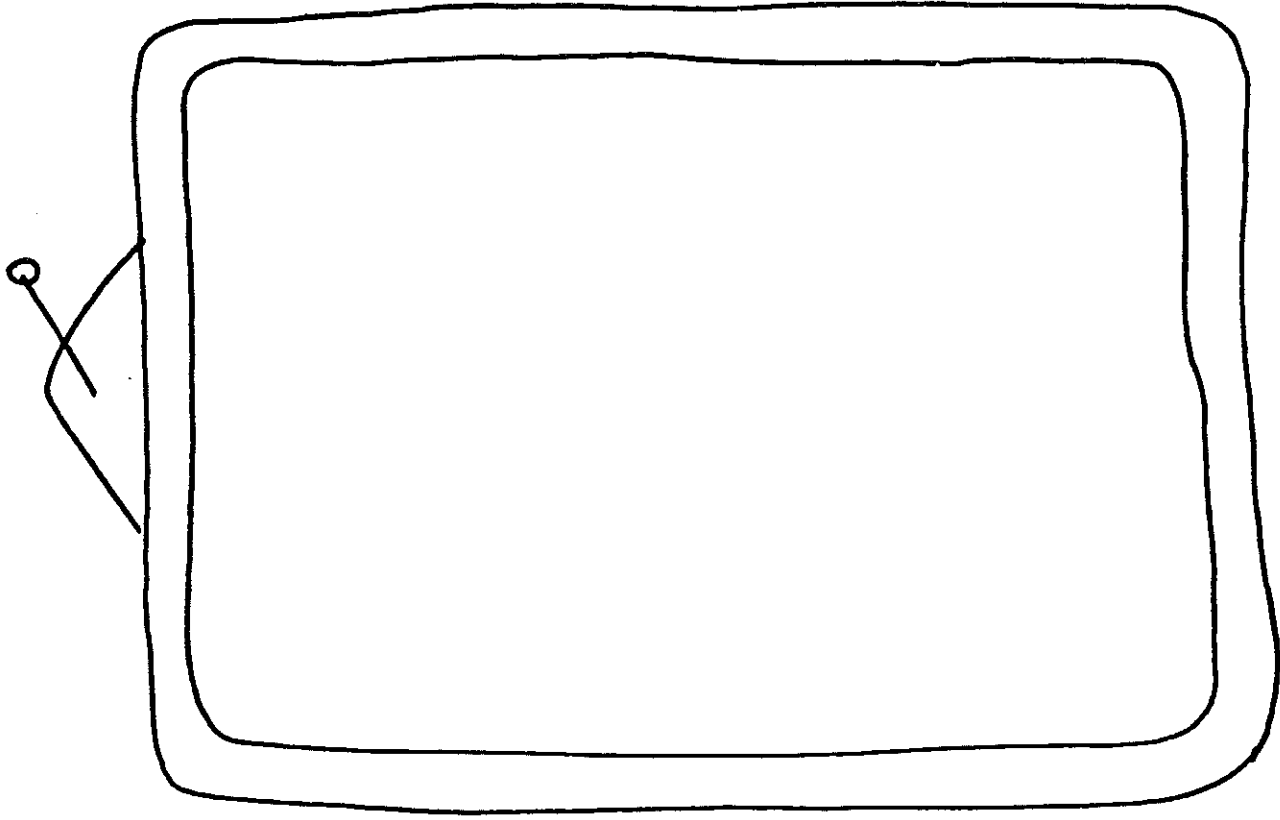
Change is part of life. Living → Growing → Changing

Change in nature is easy to see.  → 

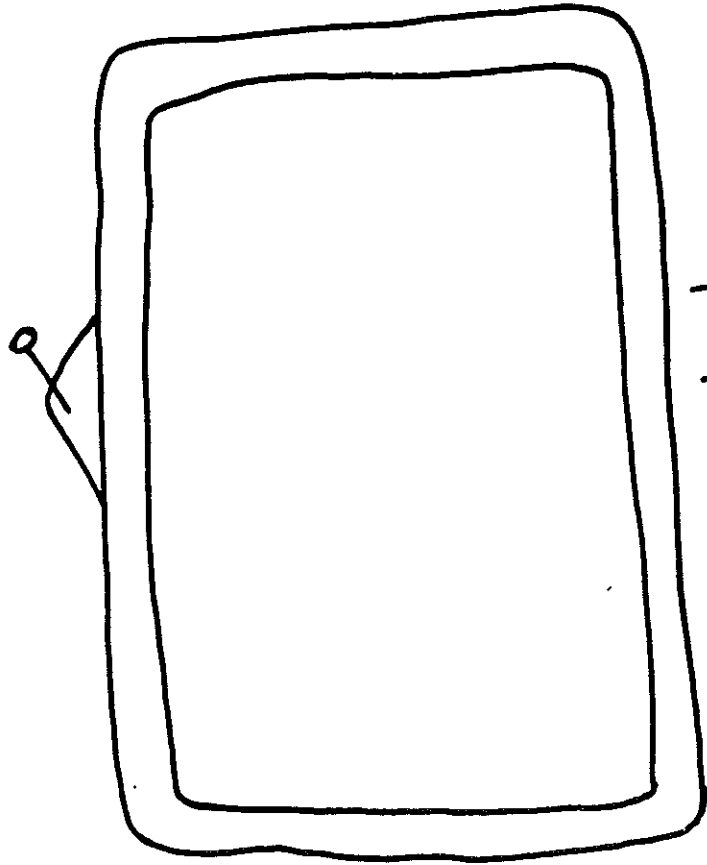
 →  → 

 →  Draw more...

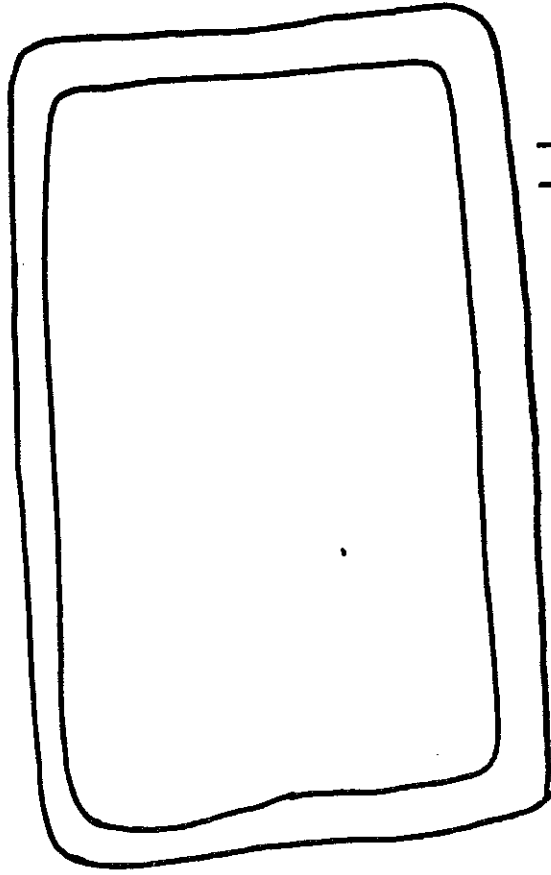
People change too.



me - now



me - baby



me - very old



Families change when people die or get born, move in or out, get married or divorced. My family has changed because... (draw a picture about this)

There may be many changes when parents separate. One parent has to find a new place to live. There may be less money. Children may not see one parent as often.

4. It may all be hard to understand. Children may wonder why their parents don't love each other.

Marriage

After drawing a picture of marriage, write some reasons you think people get married.

Marriage is a legal promise two people make. They plan to live together forever, but sometimes they discover they have a great many problems!

1. Anger builds and they fight about many things.
2. They may say or do terrible things.
3. They lose trust, love and interest.
4. They stop talking and solving problems.
5. They try but are unable to change.
6. They don't like to be together.
7. They may find someone else to love.
8. They decide their marriage was a big mistake.
9. They decide to separate and one moves out.
10. They have many feelings!

Divorce

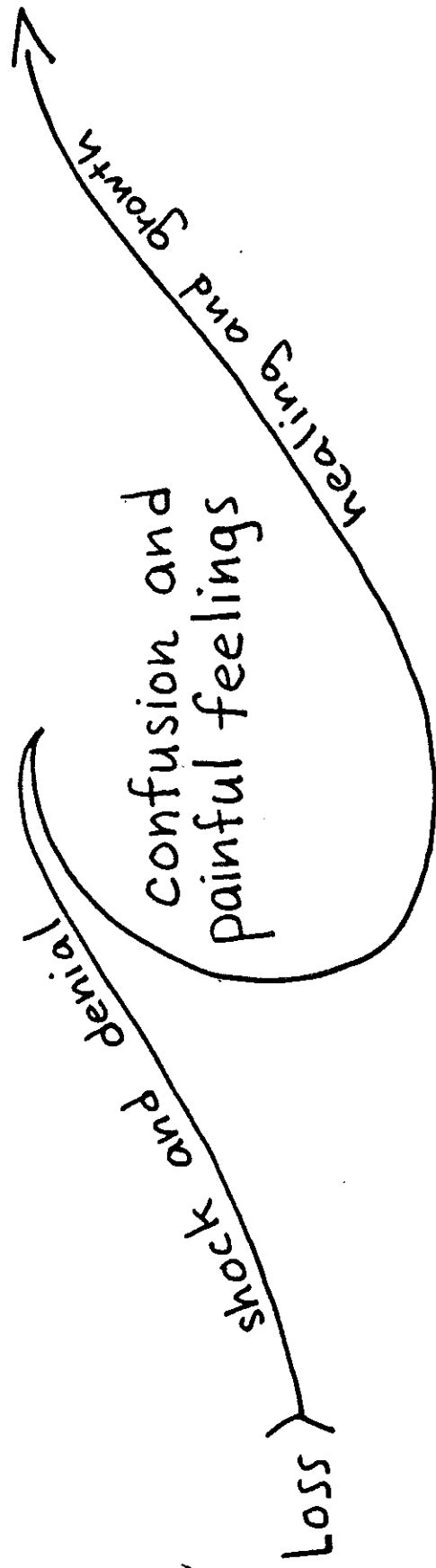
After you draw a picture of divorce, write some reasons you think people get divorced.

Divorce is the legal ending of a marriage. Parents divorce each other, but they do not divorce their children. Parents will continue to love their children and take care of them even though they do not live together.

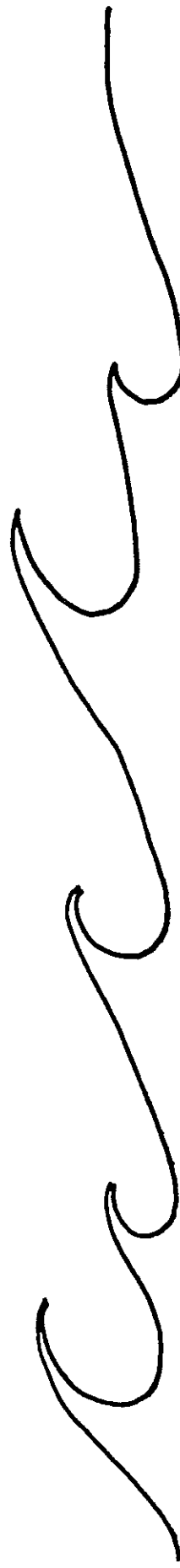
1. There will be many changes.
2. It will be a difficult time for all.
3. Parents may be busier, angry and sad.
4. Divorce is final. Most people do not get back together.
5. Children may have two places to live.
6. Most children will still love both parents
7. Children will have many feelings.

Children's lives change when parents separate.
Something important may be lost. What have
you lost that was important to you?

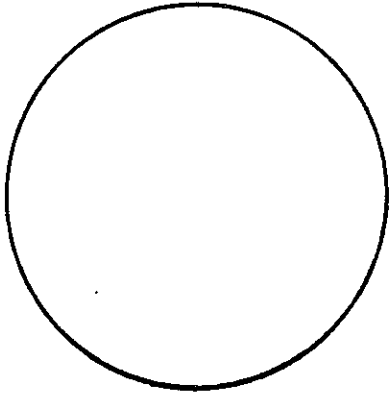
Divorce may bring many feelings about change.
The pain from loss and change is called GRIEF.



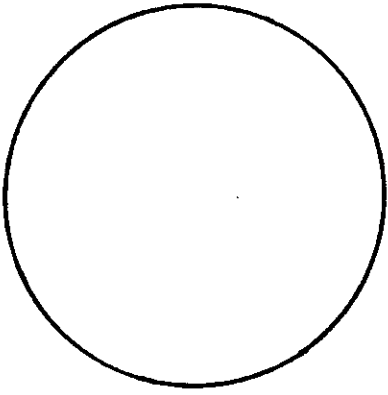
Grief comes and goes like waves in the ocean. There will be stormy times ... There will be calm times.



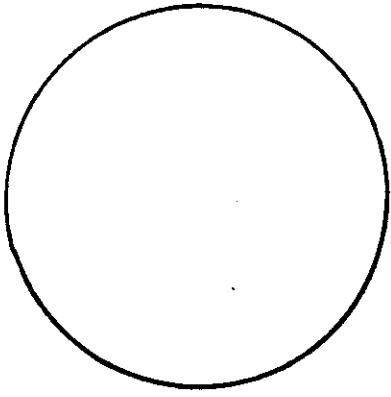
Feelings are all O.K. Feelings change. (draw some feeling faces)



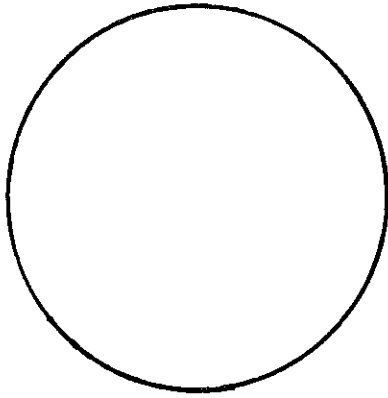
happy



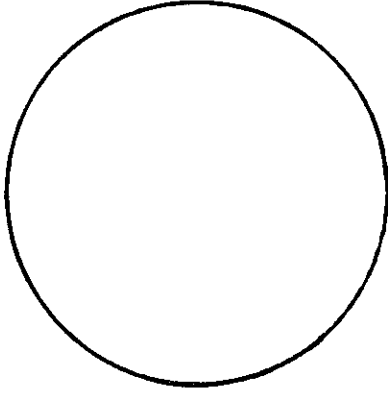
sad



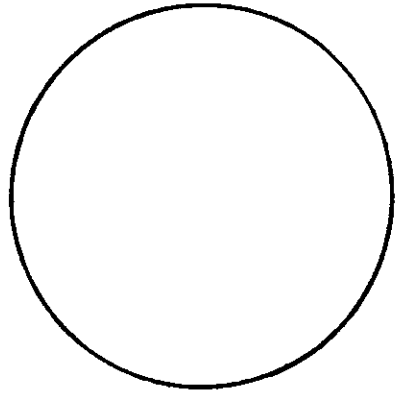
angry



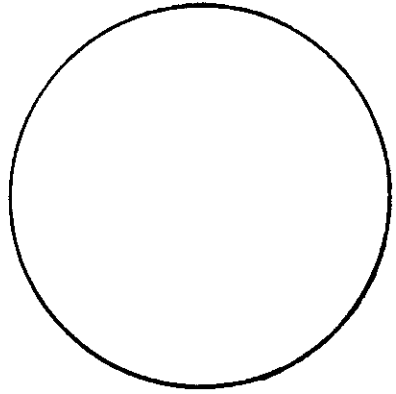
afraid



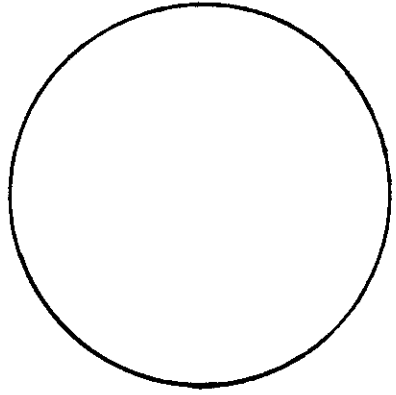
worried



embarrassed

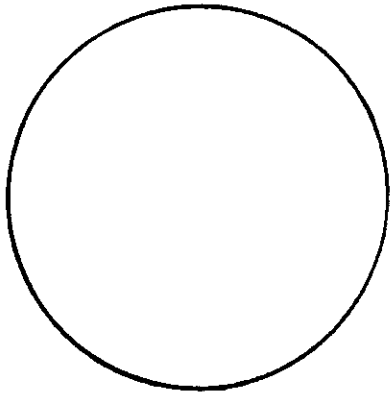


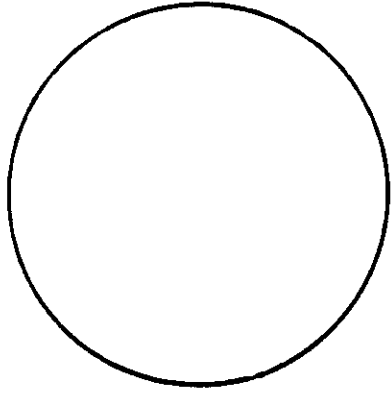
confused

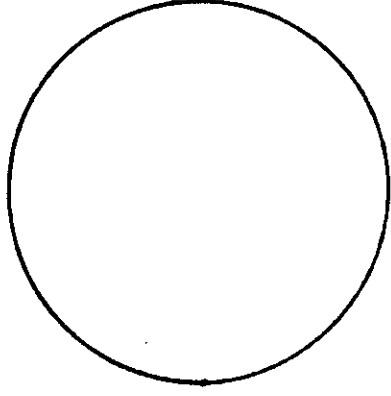


guilty

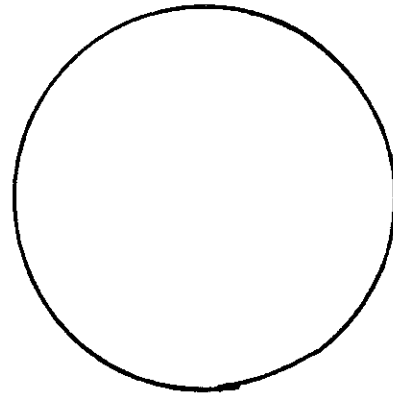
Sometimes people put on a "mask" to hide feelings they don't want to show. (name and draw 3 feelings you sometimes hide from others)

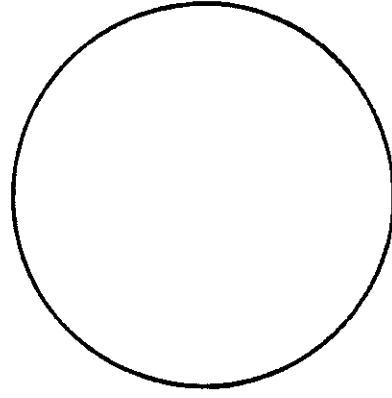


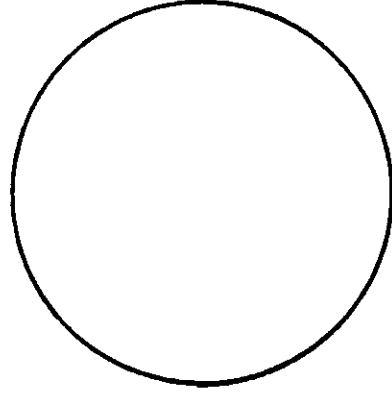




Name and draw the "mask" you might hide the feeling with.







Feelings are something you feel in your body.

(color the places you
feel your feelings
with

these colors:

sad · blue

fear · black

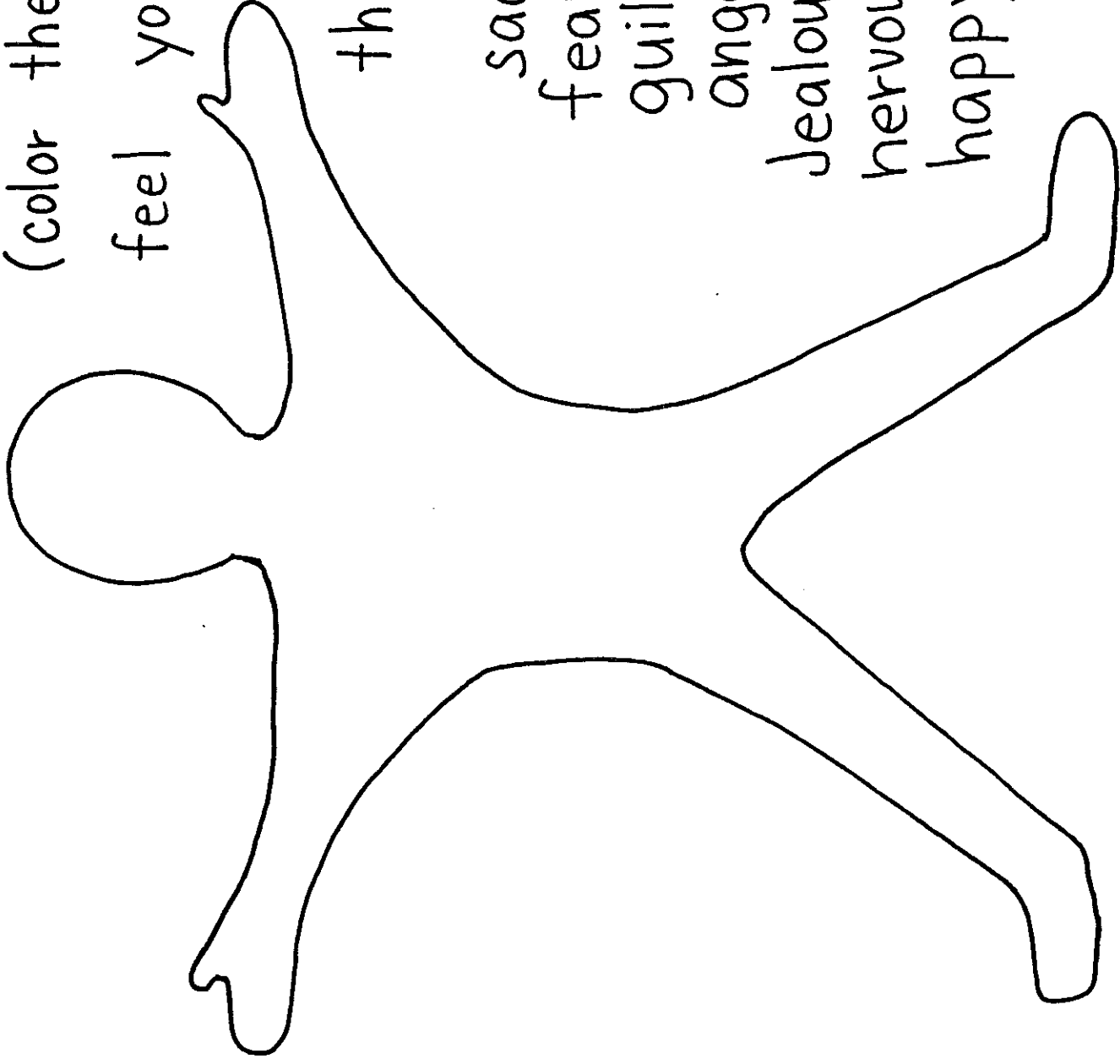
guilt · brown

anger · red

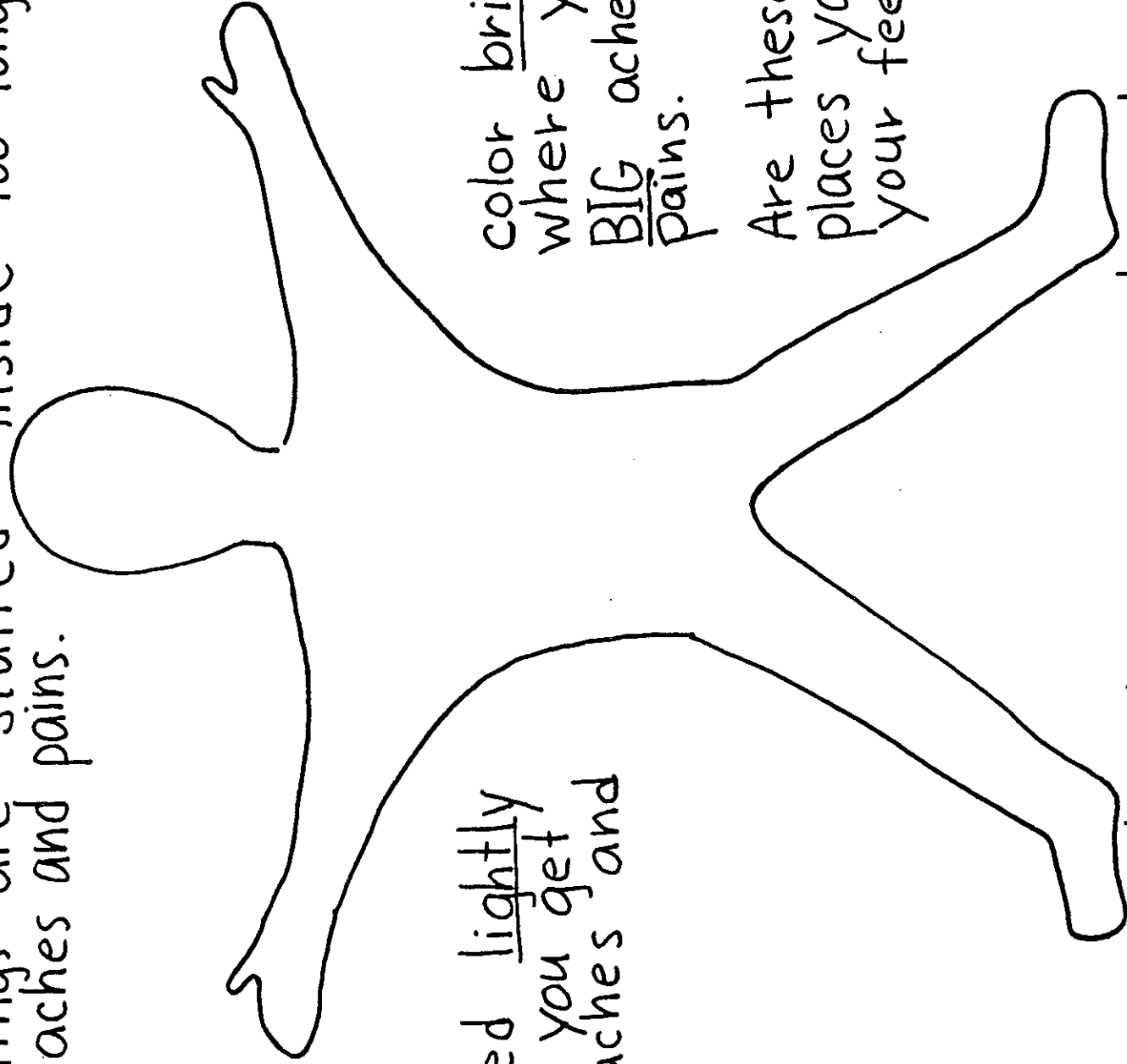
jealous · green

nervous · orange

happy · yellow



If feelings are stuffed inside too long they may cause aches and pains.



color red lightly
where you get
little aches and
pains.

color bright red
where you get
BIG aches and
pains.

Are these the same
places you stuff
your feelings?

Exercise, sports, play, music, art, writing and
talking are all good ways to let feelings out!



Check the feelings you feel sometimes with v or vv if often. (underline any words you don't understand)

scared

nervous

smart

brave

sad

empty

lonely

unloved

disgusted

confused

ignored

jealous

proud

angry

shamed

loved

afraid

embarrassed

cheated

excited

frustrated

miserable

bored

disappointed

furious

special

guilty

stupid

happy

worried

Everyone feels angry at times. I get
angry when...

When I feel angry, I...

It is O.K. to feel angry, but it is not O.K. to hurt people or things! (circle things you do that are O.K. and put a big "X" over things that are not when you are angry.)

You can learn to let anger out in ways that will not hurt people or things. O.K. ways are:

1. Saying "I am angry because..."

2. Punching a pillow or punching ball.

3. Yelling into a pillow or in the shower.

4. Stomping you feet or clapping your hands.

5. Write an angry letter and tear it up.

6. Writing in your journal.

7. Scribble on an old newspaper using alot of color and feeling. ^{scrunch} it into a ball to toss at a blank wall.

8. Walk or run fast.

10. You are responsible for your behavior!

Children may feel VERY sad about divorce.

It's O.K. to cry! Crying let's the sadness out
and helps people feel better.

When parents separate, there may be times when their children feel frightened.

~ Drawing something scary makes it less frightening.

Divorce may also bring some good changes.



Before

After

Parents have many feelings about divorce too!
What do you think your parents are feeling?

Mom

Dad



Children can't fix parent's problems. Children
can't start or stop divorce. Divorce is a grown-up problem!

Parents may not like each other after they divorce. They may still fight about things.

But... it is still O.k. for children to love both parents.

Everyone has something they wonder or worry about. Children have the right to ask questions. Parents have the right to answer or not.

I'd like to ask Mom...

I'd like to ask Dad...

Children can say "NO"! They don't have to listen to bad things about either parent.

And... they don't have to be message carriers!

Children may need to help and do more for themselves, but they can't be Moms or Dads. They can't take the place of either parent. Children need to be children.

There are things I like about me...

My parents don't live together but they both love me!

There are some things I am good at...

Everyone is good at something. No one is
good at everything.

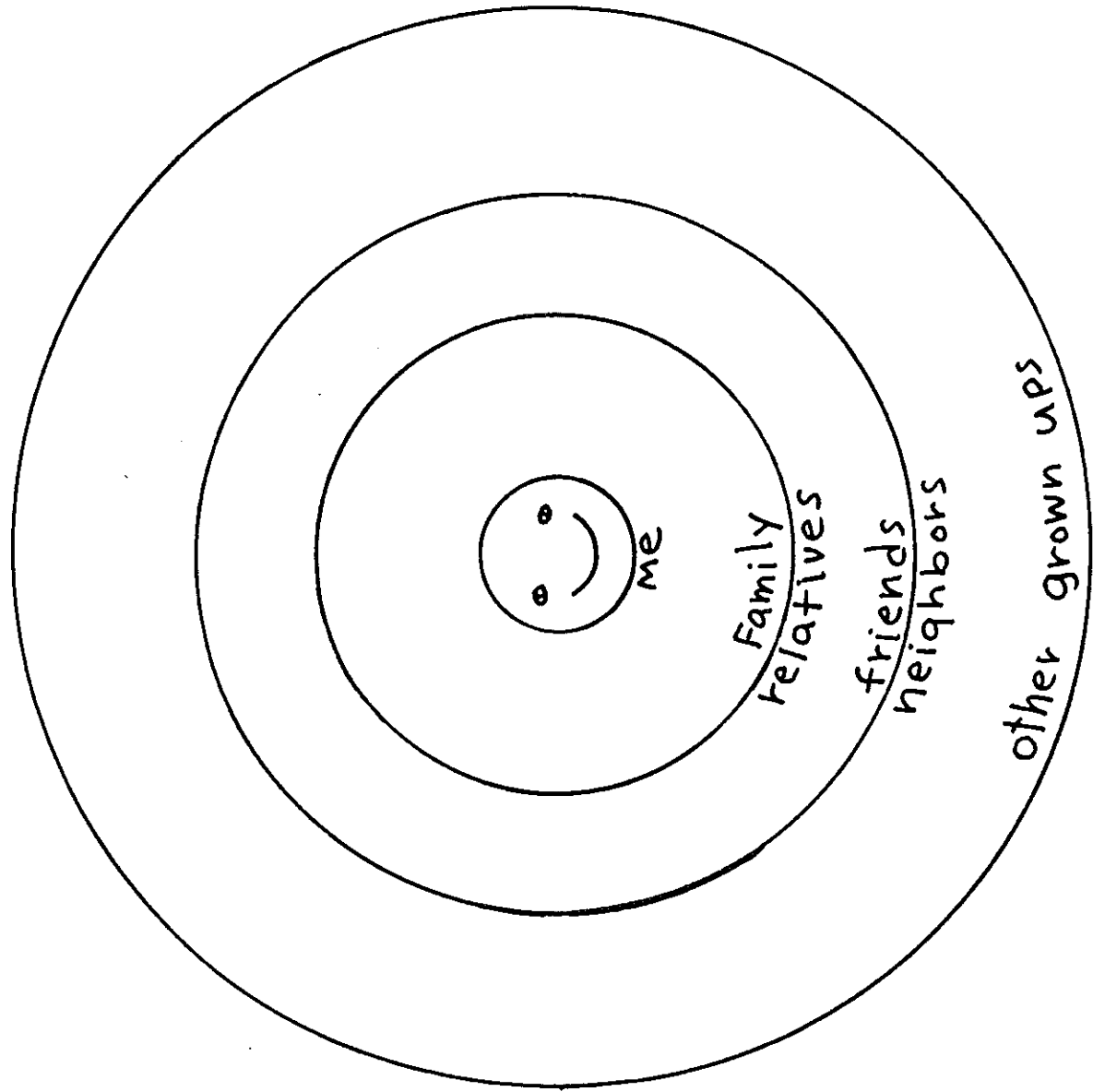
There are things I like to do with Mom.

We will have many good times together.

There are things I like to do with Dad.

20. We will have many good times together.

There will be many good times. Many people care about me and I will always be taken care of.
(list names... and place number in "caring circle")



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

I can wish for some happy changes in my life!

Life keeps changing. I am learning to cope with change and all kinds of feelings. I am O.K.!