

## 6 Back to School Tips for Separated or Divorced Parents

If you and your spouse/partner have split up during the summer, going back to school can be a traumatic time for your child as he or she faces the fact that their parents are divorced. Here are six tips that will help your child cope with going back to school.

- ✔ **Meet the New Teacher:** It is always good to meet the new teacher. Advise him/her that your child's family is separated and let them know the custody arrangements. Keep the line of communication open with your child's teacher.
- ✔ **Share Contact Information –** Both parents should notify the school of their current address and telephone numbers and request a copy each of all school correspondence. It is also important that you should not rely on the other parent to communicate with your child's teacher for you.
- ✔ **Make Transition Easy –** See this as the time to focus on your child and put your divorce issues on the back burner for now. Tell your child you love them but do not make goodbye emotional when he or she is going to the other parent's house. When your child gets home make sure to inquire in a light hearted way about their time when they were not with you. Helping them negotiate the changes from one house to the other is in their best interest.
- ✔ **Talk About School Routines –** It is important to keep the lines of communication open. When Mom and Dad are on the same page in regards to school routine, i.e. emergency procedures, meals, pick up, weather, after school activities, children will adapt more easily. It is also important to discuss any changes to schedules with your ex and not in front of the children.
- ✔ **Listen to Your Child –** What your child has to say is very important. Once in awhile it is okay to ask questions such as are you afraid to tell your friends mom and dad are getting a divorce? How do you feel when someone asks if your dad or mom has moved out of the house? What will you say to your sports coach? Do not make your children feel guilty or ashamed of whatever they feel but let them know it is normal and help him or her to decide ahead of time what they will say to others. Help them to decide how they want to help themselves feel better.
- ✔ **Give Your Child A Safe Place to Vent –** It is important to find someone your child can talk to whether it is a trusted adult, other kids of divorce, support group or a counsellor who can help them ease their worries and concerns.

**What if after doing the above you are still worried about your child?**

**At Family TLC we believe that successful parenting is a recipe that requires love & knowledge. Feel free to contact us for further support  
[resources@familytlc.ca](mailto:resources@familytlc.ca) or 705-737-3513**