

Parenting after Separation

From Conflict to Cooperation

If it is managed well by the adults, separation doesn't have to be harmful for children. It is the ongoing conflict that is damaging.

Research shows what children need after their parents separate is a secure base with parents they trust and feel comforted by. Parents who can make room for thinking about their children's needs, apart from their own needs, can help their children adapt best to family separation.

In this session we will look at:

- Separation and the effects on you and your family
- Principles of two-home parenting
- Effects of ongoing conflict on children
- Managing parental conflict constructively
- Providing a secure emotional base for your children

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street

When: Wednesday 20 October 2021

Monday 13 December 2021

Time: 6.30pm - 9.00pm

Cost: \$30 per person

Bookings are required. Please phone 6164 0200 to enrol.

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au