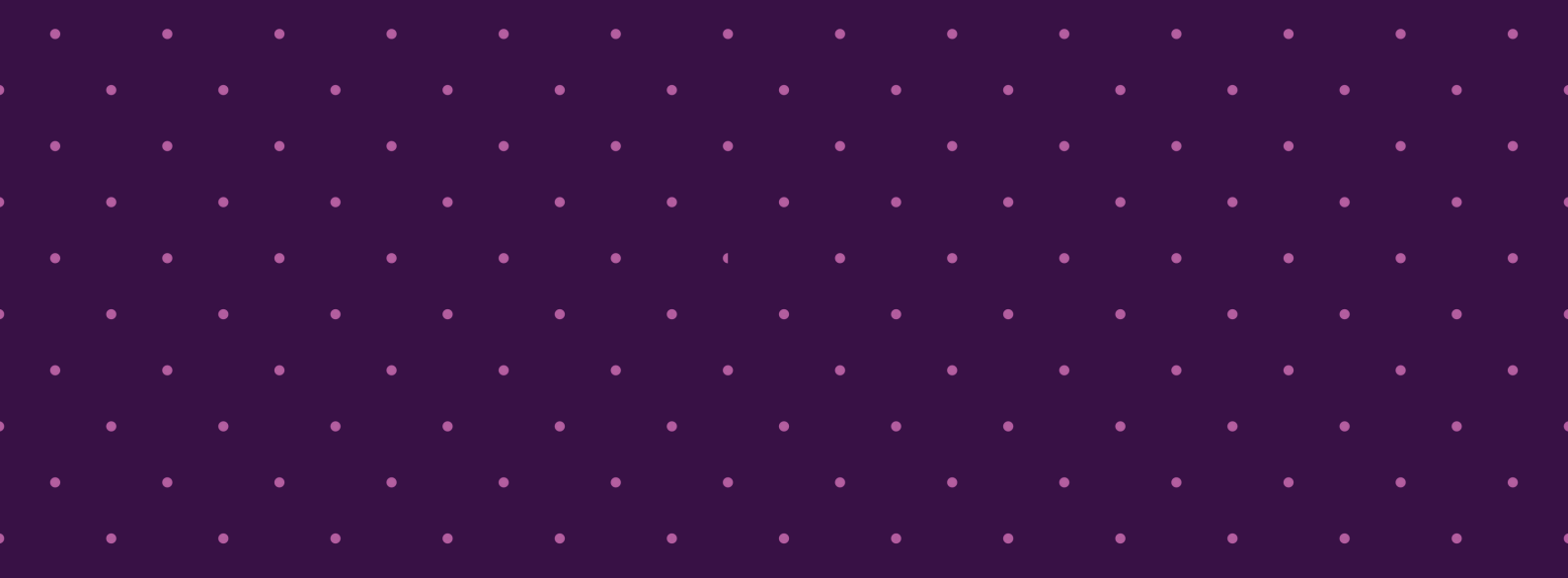




Resources & Information for Children & Young People

Our team, supporting you through
divorce & separation



Websites

Family Lives

Support and resources for building better family lives.

Family Justice Young People Board

Promote the voice of the child during family breakdown and within family court proceedings.

Family Mediation Counsel - Mediation Isn't Just for Adults!

Information about Child Inclusive Mediation, aimed at children. Includes video on understanding 'Rights'.

NSPCC

NSPCC Helpline - 0808 800 5000 or for those under 18- 0800 11 11.

Restored Lives / Your Direction

A free workshop series designed to support young people aged 12-17 and 18-30 years, Your Direction offers invaluable tools and resources to help young people navigate the impact of family breakdown.

Young Minds

Helping young people understand how they are feeling, manage those feelings and how to feel better.

Books for 3-8 year olds

It can be really helpful to look at the themes that are common when children experience divorce and separation through their eyes. The books below are our recommendations for various age-groups.

Living with Mum and Living with Dad: My Two Homes By Melanie Walsh

Mum and Dad don't live together any more, so sometimes this little girl lives with her mum and her cat, and sometimes she lives with her dad. She has two bedrooms and two sets of toys, but she takes her favourite toys with her wherever she goes.

Mum and Dad Glue - Kes Gray

A little boy tries to find a pot of parent glue to stick his mum and dad back together. His parents have come undone and he wants to mend their marriage, stick their smiles back on and make them better. But, as he learns, even though his parents' relationship may be broken, their love for him is not.

The Huge Bag of Worries - Virginia Ironside

Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them? This book deals with worries and anxiety.

The Invisible String By Patrice Karst

The Invisible String offers a very simple and reassuring approach to overcoming loneliness, separation, or loss with an imaginative twist that children easily understand.

The Kids Book of Family Changes

Divorce or separation can bring many changes to a child's world. The Kids' Book of Family Changes, co-written by an educational and child psychologist, is a compassionate guide designed to help kids feel safe, loved and supported during this transition. Through relatable examples, clear explanations, and hands-on activities, this book reassures children and helps them explore their feelings while giving caregivers the tools to address difficult conversations with confidence and strengthen family bonds.

Two Homes - Claire Masurel

Alex has two homes – a home where Daddy lives and a home where Mummy lives. Alex has two front doors, two bedrooms and two very different favourite chairs. He has a toothbrush at Mummy's and a toothbrush at Daddy's. But whether Alex is with Mummy or Daddy, one thing stays the same: Alex is loved by them both – always. This gently reassuring story focuses on what is gained rather than what is lost when parents divorce.

Books for 8 years & older

It's not the end of the world by Judy Blume

Karen's parents have always argued, and lately they've been getting worse. But when her father announces that they're going to get divorced, it seems as if Karen's whole world will fall apart. Her brother, Jeff, blames their mum. Her kid sister, Amy, asks impossible questions and is scared that everyone she loves is going to leave. Karen just wants her parents to get back together.

Mum, Dad Can You Hear Me? By Despina Mavridou

Irene, is a 10-year-old girl whose parents are getting a divorce. In the midst of her confusion and helplessness, Irene turns to her diary to express her feelings and better process her parents' divorce. With the help of her grandmother and her teddy bear she finds a way to make her parents listen to her.

Split Survival Kit: 10 Steps For Coping With Your Parents' Separation by Ruth Fitzgerald and Dr Angharad Rudkin

Finding out that your parents are splitting up can feel scary and upsetting. It can also be hard to know who you can talk to about it. But you are NOT alone. From acceptance and resilience, to communication and compassion towards other people, this book will help you tackle the tricky situations that a divorce can bring, and answer some of the questions going through your head.

The Divorce Journal for Kids by Sue Atkins and Amy Bradley

When your parents tell you that they are getting divorced, you might have lots of big feelings - like anger, fear and sadness - and lots of questions too. This journal is packed full of activities that will help you work through these feelings and get your thoughts and questions out into the open. Suitable for children aged 7+.

The Suitcase Kid by Jacqueline Wilson

Andy has always lived at Mulberry Cottage with her mum and dad but when they split up, Andy has to say goodbye to her childhood home. Now she spends one week at her mum's and one week at her dad's. The Suitcase Kid explores the emotions around divorce and helps start conversations.

We need to talk about divorce - Kate Scarff

Children of separating or divorcing parents often feel alone feeling that no one understands what they're going through. They need reassurance that their feelings are normal, and age-appropriate answers to their many questions. This book addresses many of kids' common concerns.

Further resources can be found on The Book Trust

Child Inclusive Mediation

Child Inclusive Mediation (CIM) is a special process used when parents are separating or divorcing, and it helps children have their voices heard about what is happening in their family.

If you are 10 or over you have a right to have your views heard in matters which affect you and your future. You will be asked if you'd like to see a mediator. Both of your parents have to agree to this too. It helps your parents understand how you feel, so they can make better decisions for everyone.

What is Child Inclusive Mediation?

- **A Safe Space to Talk:** Child Inclusive Mediation is a way for you to talk to a friendly, specially trained person called a mediator. This person is not on anyone's side—they are there just to listen to you.
- **You Don't Have to Decide:** You are not being asked to make any big decisions. The adults (your parents) are still the ones who decide what happens, but your thoughts and feelings are important and will be listened to.
- **It's Your Choice:** You can choose whether or not you want to talk to the mediator. If you don't want to, that's okay.
- **Confidentiality:** What you say to the mediator is private. The mediator will only tell your parents what you say if you say it's okay. If there's something that makes you feel unsafe, the mediator will help you get the right support.

- **No Pressure:** You won't be asked to pick between your parents or say who you want to live with. The mediator just wants to understand how you feel and what you think about what's happening.

What happens when you speak to the Mediator?

- You might get a letter, short video or message inviting you to meet the mediator.
- The meeting is usually just you and the mediator, in a place where you feel comfortable.
- You can talk about anything you want—how you're feeling, what you like or don't like about the changes, or any worries you have.
- If you have brothers or sisters, sometimes you can meet the mediator together if you want.
- After you talk to the mediator, they might meet with your parents to share what you've said (but only if you agree).
- Your parents can then use this information to help them make plans that work better for you.

This process is designed to make sure you feel listened to and supported, without putting any pressure on you to solve the problems yourself.

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