

Because it's
for the Kids

Building a secure
parenting base
after separation.

Being separated parents can
be very hard work. This booklet
offers support, ideas and wisdom
to help you work it out; because
it's for the kids.

by Jennifer McIntosh, Ph.D

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Many people say being a parent is the best but hardest job in the world, and we don't get proper training for it.

Separation between parents is also hard - to put it mildly - and there's no training for that either.

There's no doubt that being a separated parent can be hard, emotional work.

It can be difficult to know what you need and want, and what your children need and want.

