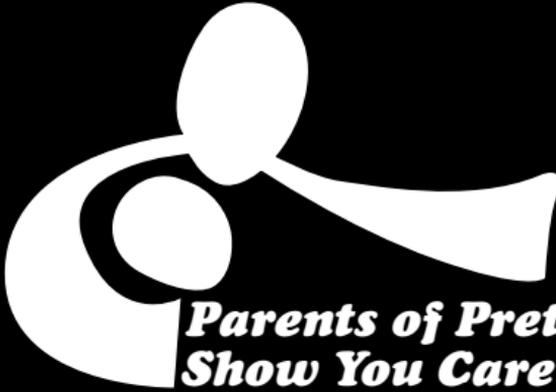


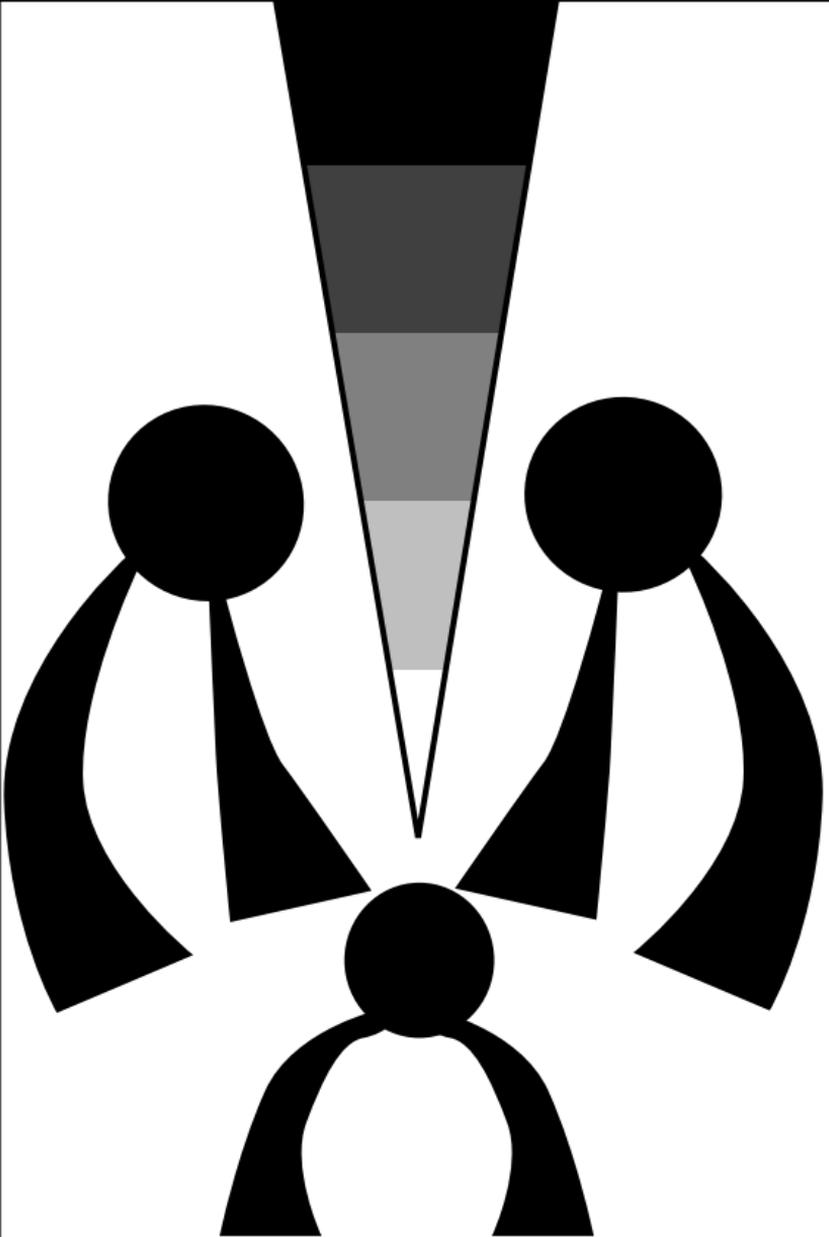


Leaflet 253



***Parents of Preteens:
Show You Care***

Help Your Preteens If You Separate



Parents of Preteens: Show You Care



Help Your Preteens If You Separate

Some preteens are born into single parent families. All their lives they have lived with one parent. Preteens with two parents have to adjust to many changes if their parents separate. Life will be different. There will be less money. There will be more chores to be done. There will be problems about where the preteens will go before and after school.

If you are separating, you should talk with your preteens about the separation. Tell them it was not their fault. Try to explain why you and your spouse are separating. Be ready to listen and to answer questions.

A separation may come as a shock to preteens. They may feel cheated. They may feel angry at you for separating. You also may feel upset and angry. The way you feel will affect your preteens. All of you will need to deal with feelings about the separation. When you share your feelings, your preteens will be more likely to share how they feel.

Ways To Help Your Preteens If You Separate

- Tell your preteens if you and your spouse are separating.
- Explain what the separation will mean to you and to them.
- Listen to what your preteens have to say about the separation.
- Allow them to express their feelings.
- Try your best to answer their questions.
- Let your preteens know you will always be there for them.
- Assure your preteens that both you and your spouse still love them.
- Spend extra time with your preteens.
- Try not to fight with your spouse around your preteens.

Other leaflets in the *Parents of Preteens: Show You Care* series are

- L 249 Tell Your Preteens What You Expect
- L 250 Prepare Your Preteens for Body Changes
- L 251 Help Your Preteens Do What Is Right
- L 252 Help Your Preteens Make Friends
- L 254 Get Help When You Need It
- L 255 Help Your Preteens Succeed in School
- L 256 Boost Your Preteens' Self-Esteem

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