

Tip Sheet: Resources for Parents who are Experiencing Changes in their Family, Separating or Divorcing

This list gives parents and carers a starting point to access resources to assist in negotiating family changes such as separation and divorce and caring for any children involved. As with all information on the internet, it should be carefully evaluated in regard to its source and applicability to your personal situation. Parents should always carefully review the merits of any materials and services before sharing them with their children.

Family Relationships Online

This service provides families who are separating with information about family relationship issues, ranging from building better relationships to dispute resolution. It allows families to find out about a range of services that can assist them to manage relationships, including agreeing on appropriate domestic arrangements for children after parents separate.

Telephone advice line: 1800 050 321 website: www.familyrelationships.gov.au/Pages/default.aspx

Publication on managing children and separation:

www.familyrelationships.gov.au/BrochuresandPublications/Documents/Childrenandseparationbooklet.pdf

Guidance on making parenting plans:

www.familyrelationships.gov.au/BrochuresandPublications/Documents/parenting_plans_fact_sheet_oct12.pdf

www.familyrelationships.gov.au/BrochuresandPublications/Documents/parenting_plans_brochure_oct12.pdf

Guidance for parents on the needs of their children:

www.familyrelationships.gov.au/BrochuresandPublications/Documents/because_its_for_the_kids.pdf

Department of Human Services provides a variety of information ranging from child support to information on the impact of separation on young adults.

www.humanservices.gov.au/customer/themes/child-support-and-separated-parents?from=theme-bar

Publication specifically for young adults:

www.humanservices.gov.au/spw/customer/publications/resources/cs1333/cs1333-0710en.pdf

Game for older primary school aged children to assist understanding about separating:

www.humanservices.gov.au/customer/publications/kids-world

Computer game aimed at 8-12 year olds:

www.humanservices.gov.au/customer/publications/kids-world?utm_id=8

Jessica Medd
Clinical Psychologist

Relationships Australia: An independent, not-for-profit organisation, dedicated to enhancing relationships within families and their communities in order to foster personal and social wellbeing. They provide a range of courses and specialised counselling services for separating or divorcing couples. They also have lots of information on their website about separating and dispute resolution.

www.relationships.org.au/what-we-do/courses/relationships-courses

www.relationships.org.au/relationship-advice/relationship-advice-topics/managing-separation-and-divorce

CHAT First: A website for kids and teenagers whose parents have separated or divorced; it has sections for kids, teenagers and even parents to help them understand how their children feel and what they can do to help.

www.chatfirst.com.au

MensLine: A telephone and online support, information and referral service, to help men deal with relationship problems. www.mensline.org.au

Information written for men on 'Children and Separation':

www.mensline.org.au/Children-and-separation.html

Parenting tips for separating dads:

www.mensline.org.au/Parenting-tips-for-separated-dads.html

Little Parachutes: A website resource of picture books for younger children on divorce and separation

www.littleparachutes.com/subcategory.php?sid=15

Barnardos: A one-stop shop for information on issues relating to children and families and book list for children about parental separation

www.barnardos.ie/library

www.barnardos.ie/assets/files/BTRS/Library/PDFs/2011/Childrens%20Books%20on%20Parental%20Separation.pdf

Jessica Medd
Clinical Psychologist