My Parents ‘N’ Me
Supporting children after family separation
Further assistance
The Family Relationship Advice Line also provides free information, advice and referral.
You can call the Family Relationship Advice Line on 1800 050 321 between 8am and 8pm Monday to Friday and between 10am and 4pm Saturday, except national public holidays.

Family Relationships Online provides access to information about the changes to the family law system, family relationship issues and services available to assist families.

Visit Family Relationships Online at www.familyrelationships.gov.au
Supporting children after family separation

Children whose parents have separated are affected by numerous stressful experiences. Some of them may include:

- feeling that separation is their fault
- feeling caught in the middle
- feeling unheard
- exposure to ongoing conflict
- looking after emotionally vulnerable parents
- forming new relationships in blended families
- moving schools and between two homes.

Many children who experience parental separation cope well with the changes over time. However, some children will experience difficulties along the way and require support to help them build resilience.

Early intervention that focuses on building children’s resilience in a safe and supportive environment will benefit families now and into the future.

About My Parents ‘N’ Me

My Parents ‘N’ Me is about helping children to understand their parents’ separation, adapt to changes in the family and to feel safe and comfortable to express themselves.

Group work

Children respond to group projects with a greater degree of ease and pleasure than to individual activities. My Parents ‘N’ Me was therefore designed to create an alternative culture for children within which they can learn from and about their peers.

It also allows them to gain more insight into their own approach to painful issues as they freely select a balance between watchfulness and participation in appropriate school-age activities.

The format

My Parents ‘N’ Me sessions are age appropriate. Children are divided into two groups:

- Group 1: ages 6-10
- Group 2: ages 10-12

Sessions are offered for 1.5 hours a week over four consecutive weeks.

The benefits

- children can talk to a neutral person about the changes in their family
- they can share their experiences with other children in similar situations
- children can be assisted to develop resilience and coping strategies, using a variety of activities
- they can access information to assist them
- children discover that “I am not the only one” and that their stories share similarities with others in the group.