



CHILDREN
& FAMILY
SUPPORT

Let's Get Through Christmas Top Tips Co-Parenting



Christmas...

- Christmas and celebrations can be really hard for parents who are separated or divorced
- It may feel as though everyone else is enjoying the perfect family festivities while you may be feeling more isolated than during the rest of the year
- Often we can feel disappointment if Christmas does not live up to the picture in our heads of how it is ***supposed*** to be



Plan Ahead

- Being able to maintain contact with both parents is VERY important to children
- For separated parents, Christmas often prompts difficult discussions about where their child spends their time. And for those who have separated recently, it's likely to be particularly challenging this year.
- It's usually best to start the conversation with your children's other parent as early as possible, to give yourself plenty of time to come to arrangement about times and days to see the children.
- Keep the needs of the child the focus and make the time you have together special
- Aim to come to an arrangement for the children that everyone is 'moderately' happy with keeping the children central and protected



Over The Christmas Period



- Have realistic expectations
- Keep a routine going so the children feel safe and secure
- If the children are not with you over the Christmas period keep in touch by using technology
- Keep some of the family traditions going where you can
- Unfortunately, there is no secret formula for the perfect Christmas arrangements Every family is different and what works for one may not work for another. It all depends entirely on your individual circumstances and the wishes and feelings of everyone concerned



Tips For Co-Parenting at Christmas

- Try to keep the lines of communication open
- Be willing to compromise
- Avoid competition
- Keep the focus on the children
- Embrace the 'new normal'
- Remember there is no such thing as the perfect Christmas!



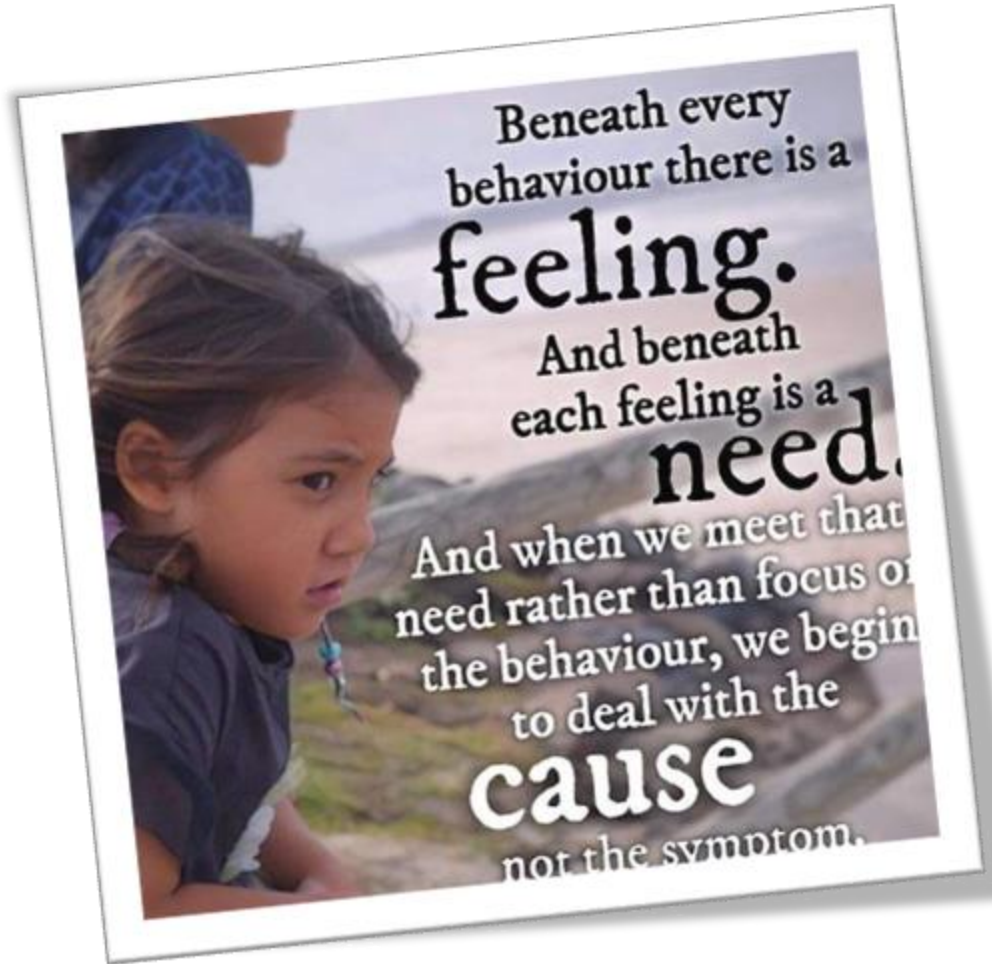
Take Care Of Yourself

- If you will not be with your children on Christmas Day, and will be alone, try to see friends and family
- Avoid trying for perfection
- Take time for yourself
- Get enough sleep
- Have a laugh, laughter decreases stress hormones and increases endorphins



And Remember...

- Christmas is only two days of the whole year!
- And it will come around again next year.
- Enjoy even the smallest successes.
- If a child sees their parents communicating effectively, are able to see both of easily and feel that decisions are made with them in mind they feel that they matter.





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Thank you

