

There might be times when you feel

**ANGRY!**

**ANGRY!**

**ANGRY!**

**ANGRY!**

**ANGRY!**

"GRRRR!"

**ANGRY!**



When you feel this way, you could

**SCREAM**

into a pillow . . .

**SCREAM!**

**SCREAM!**



**GRRRR!**

Or you could  
make a list and draw pictures  
of all the things  
that make you **ANGRY!**

**I'll be there**  
with you no matter  
how you feel!

**B.B.'s SMILE Tip For Parents**

Parents should accept children's mood swings and emotional outbursts and not take them personally. Counseling or support groups may help children resolve their feelings. It is also important to have regular contact with the child's teacher during the divorce transition.



No matter what you are feeling,  
the most important thing is to talk about it.



Besides Mom and Dad, you could talk to your  
grandparents, favorite teacher or a school counselor.

You might even ask  
Mom or Dad  
about seeing . . .



someone  
who knows about  
kids'  
feelings  
and  
divorce.

And of course,  
you can always  
share your feelings  
with me.

I'm a great listener!



#### B.B.'s SMILE Tip For Parents

Parents should encourage children to talk to them about the divorce and their feelings and discuss problems openly. Questions should be answered honestly, in terms children can understand.

Children should also be encouraged to talk with people they trust like grandparents, aunts, uncles, teachers or childcare providers.