

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

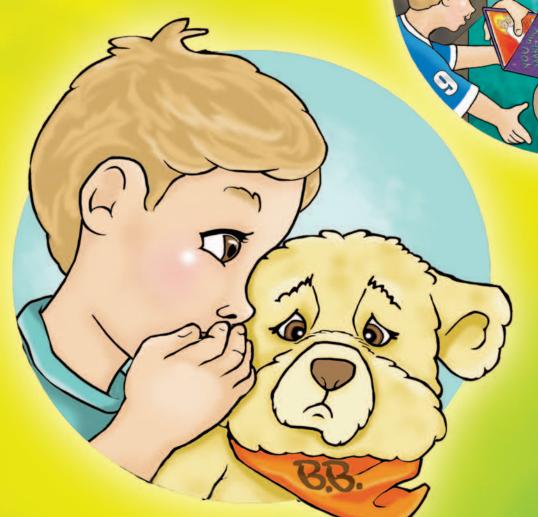


Besides Mom and Dad, you could talk to your grandparents, favorite teacher or a school counselor.

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!



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.