

The first weeks

How to help your child



TALK WITH YOUR CHILDREN

Take the time to explain clearly to your children what has happened (see our tips for this).

INVITE YOUR CHILD TO HELP AT HOME

Encourage your child to help with small household chores. It will improve their confidence and self-esteem if they feel they are helping the household during this change.

It is important that your child does not take on too much adult responsibility.

KEEP THE RULES

Children need rules to feel secure. Your child will feel more secure when you keep up the usual rules and do not let them get away with breaking them.

This might feel hard while dealing with so much, but it will help in the long term. It's okay not to get it right every time; just do your best.

REACH OUT

Contact your child's daycare or school and let them know what has happened (if you feel comfortable).

Ask if they can offer extra support. Seek out community services to help you, like SHINE for Kids.

A NOTE FOR THE GRANDPARENTS

Many grandparents step in as full-time carers when their child ends up in custody. Changes are to be expected. You must cope with all these changes and emotions and look after the grandchildren as best you can. It can be quite a shock, so be kind to yourself and seek **support if you need it**.