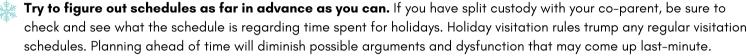
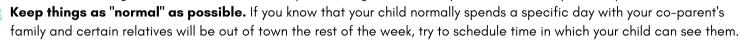
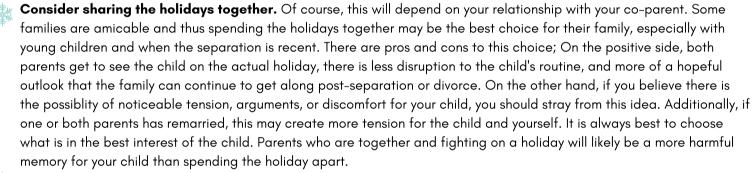


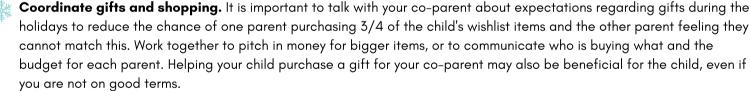
DIVORCE/SEPARATION AND THE HOLIDAYS November/December 2021

The holidays are meant to be a time of joy and togetherness, right? At least, that's what we're told and what we hope for. But, what if your family feels like it's falling apart? Divorce and separation, whether recent or not, can create unwanted stress during the holiday season for yourself and your children. You may wonder where the kids will spend their holidays, how to split time, how to break the news that some of their beloved traditions may not happen as they did in the past. Navigating the holidays while co-parenting is hard, and we want to note some tips shared by Kids In The Middle on how to make this transition easier.









Make new celebrations and traditions. Family changes may mean you are not with your child to bake together on Thanksgiving day, watch them run downstairs on Christmas morning, or watch the ball drop at midnight on New Year's Eve. Depending on your schedule with your co-parent, you may get to see your child the following weekend or another day of the week. If this is the case, all is not lost -- plan new traditions and celebrations for the day(s) you get with them. View it as an extended holiday, which your child may even enjoy!

Practice self-care. Every family is different, and there are many times that separation is not mutual. You may be feeling a great sense of loss and longing for the togetherness you once had during the holidays. Despite these new changes in routine, make sure to do things with this added alone time and understand that you may have to take care of yourself. Spend time catching up on a book you've not had the time to read, plan a day with friends, or spend time with your family. It is okay to be unhappy with the situation, but also important to be your best self when you do get to spend time with your child, as this is what they will remember the most.

As always, we are always in your corner if you need extra support!

