

staying involved when you lose day-to-day contact

You are a very important person in your child's life. The world will feel very scary for them if you are suddenly not there. So, it's really important that you do everything you can to remain involved in your child's life.

Sometimes, remaining involved can be tough. The hurt at the ending of your relationship may make you want to just walk away completely. You may not have anywhere suitable to see your children. Your child's other parent may try to stop you seeing your child. However difficult it may feel, do everything you can to stay involved:

Barriers to staying involved	
If you are struggling to get over the ending of your relationship...	<ul style="list-style-type: none">● Tell yourself how important you are to your children and how difficult it will be for them if you lose touch.● Find someone to talk to about how you feel. A friend, a counsellor or your GP may be able to help.
If you have nowhere suitable to see your children...	<ul style="list-style-type: none">● Think about arranging to see your children at a relative's or friend's house or think of somewhere to visit like the local park or library.● Try to make their time with you well planned and fun.
If the other parent is preventing you from seeing your child...	<ul style="list-style-type: none">● Try to talk with your ex partner to see if you can agree contact arrangements.● Try to agree that you will put your child's need to have a relationship with you both before the disagreements you have with each other.● Try to use mediation (where a professional helps you to talk about things) to sort things out.● If it is taking time to reach agreement, keep in touch by letter, email or SMS text.

Parenting from a distance

If you find that you are parenting from a distance either because you or the other parent has moved away, you should try to agree ways of keeping in touch with your child on a regular basis. If your child is very little, then a daily phone call can be reassuring. Older children will welcome less frequent but still regular contact, either by phone, letter, email or SMS text.

Don't expect your children to travel long distances too often. If you are living some distance from your child, see if you can find ways of seeing them in their own home town. If they visit you, but only say during the holidays, make sure that they are made to feel welcome and valued. Doing something as simple as buying bedding together can make your child feel more at home.