

Dads@Lifeline

Supporting dads and kids after separation or bereavement



SURVIVING SEPARATION

PART 1 - STAYING ON TRACK -

INTRODUCTION

This booklet is for you. We hope it will provide an overall view of the process of separation. Hopefully, most of this information will be applicable to you. However, it is important to remember that you are an individual and that your process may be slightly different to someone else's. That is okay. Take from this booklet what is relevant for you, but have an open mind about the process. Something that does not fit for you now may fit for you in the future.

We have used the image of a running track to illustrate this section because when you have just separated it can seem a bit like the start of a marathon. And it is. The journey may be gruelling and long but at the end it can be a momentous achievement.

OUTLINE

| | |
|---|----|
| • SEPARATION STATISTICS | 4 |
| • THE EMOTIONAL IMPACT OF SEPARATION | 5 |
| • New partners and new families | |
| • Men and their children after separation | |
| • Normal emotional reactions to separation | |
| • Five stages of grief | |
| • Accepting the relationship has ended | |
| • THE PRACTICAL IMPACT OF SEPARATION | 10 |
| • Self Care | |
| • Living arrangements | |
| • Fathering after separation | |
| - You can contact your child at home using ... | |
| - Helping children adjust to new living arrangements | |
| - The growing child | |
| • Relating with former partner and co-parenting | |
| - Staying Calm | |
| - Power Breathing | |
| • Financial & Legal issues | |
| • Support Networks | |
| - Further down the track | |
| • TRACKING YOUR PROGRESS | 21 |
| • REFERENCES | 22 |
| • TOOL KIT FOR MEN EXPERIENCING DIFFICULT TIMES | 23 |
| • TOOL KIT FOR BEATING THE BLUES | 35 |