

# THE PARENTING CENTRE

A different, powerful and proven approach for working with families and understanding children

The Parenting Centre exists to help families increase harmony and reduce conflict, and to assist parents in developing inner peace, a true sense of joy and self-esteem in themselves and their children.

## Our Services

- Individual, couples, child and family counseling
- Parenting counseling
- Mediation and Parenting Plans
- Community Workshops
- Professional Training Workshops
- Legal Services (provided through HM Lawyers)

## About Dr. Bob

Dr. Bob is a Clinical Psychologist and Mediator with over 30 years experience working with children and families. Through his work as a child advocate, Dr. Bob has been featured in media, conferences and workshops talking about parenting and children's issues.

## Office Locations

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# HELPING CHILDREN DEALING WITH PARENTAL SEPARATION

When parents separate it can be extremely difficult for children.

Dr. Bob Jacobs, who has more than 30 years' experience working with children and parents as a psychologist, mediator and lawyer, says parents need to be aware of the emotional challenges separation places on children.

Dr. Bob stresses that parents have enormous power to help support and protect their children during this difficult process.

In Dr. Bob's view "As emotionally difficult as separation is for parents, it is even more difficult for children". Dr. Bob further explains that "When handled in positive, healthy ways children can be fine."

Dr. Bob said parents can recognize difficult behaviour as manifestations of children struggling emotionally, and not as children being "naughty" or "disrespectful".

Children tend to externalise emotions and "act out" by behaving provocatively. Children may also take on a care taker role and try to assume responsibility for their parents being OK. This is obviously not an appropriate role for a child.

When a relationship breakdown occurs parents need to do their best to think positively about each other and focus on the need to communicate and cooperate, rather than dwell on what went wrong in the relationship.



Lawyer and psychologist Dr. Bob Jacobs

### Tips from Dr. Bob to help parents limit the impact of separation on kids:

- Don't expose children to conflict
- Don't say negative things about the other parent to your child
- Don't use your child as a source to get information about the other parent
- Tell the truth
- Anything you can do to enhance communication and reduce conflict with the other parent will be the best gift you can give to your child