

Our advice is....

- Remember it's not your fault.
- Whatever you do, you can't change your parents mind.
- Stand up for yourself and don't get stuck in the middle.
- You don't have to relay messages between your parents if you're not comfortable.
- Tell your parents how you feel about what they are doing or saying.
- Remember, it will usually come out good in the end. It just takes time.
- You don't have to listen to your parents bad mouth each other.
- Don't think that you won't be a family anymore.
- Be courageous and stand up for yourself.
- Don't worry. It will all turn out ok. Time matters.
- Don't take it all on yourself...go to others for support and tell your feelings.
- Talk to someone if you get stuck in the middle between your parents.
- You have the right to speak up for yourself.
- You have the right not to take sides between your parents.
- It's not your fault. Your parents are the ones who did it.

