

## **HELPING CHILDREN OF DIVORCE**

Take note of any sudden changes in behaviour that might indicate problems at home.

### **Examples:**

1. Be alert to physical symptoms like repeated headaches or stomach pains, rapid weight gain or loss, fatigue or excess energy.
2. Be aware of signs of emotional distress, like moodiness, temper tantrums, difficulty in paying attention or concentrating.
3. Let parents know about the students' signs of stress.

**Talk individually to students about their attitude or behaviour changes. This gives you a chance to find out about unusual stress such as divorce.**

### **Examples**

1. Be a good listener. Students may have no other adult willing to hear their concerns.
2. Let students know you are available to talk, and let the student set the agenda.

**Watch your language to make sure you avoid stereotypes about 'happy' (two-parent) homes.**

### **Examples**

1. Simply say 'your families' instead of 'your mothers and fathers' when addressing the class.
2. Avoid statements such as 'We need volunteers for tuckshop mothers' or 'Your father can help you.'