

# Parenting Positively



## Coping with Separation

**For parents**  
of children between 6 and 12

This booklet is one in a series on **Parenting Positively**. Parenting is a very rewarding job but one which can be difficult at times, especially when parents are faced with challenging situations. The aim of this series is to provide information and guidance to parents of children between the ages of 6 and 12 to help create a positive, loving and supportive relationship between you and your child.

The series covers general parenting skills as well as complex life issues such as bullying, bereavement, separation and domestic abuse. There are booklets for parents outlining children's understanding of a particular issue and how you can support them. There are also booklets for parents to read with their children, which may help your child to better understand what is happening and help you as a parent to answer any questions he or she might have.

Each booklet also gives further resources that you can follow up for more information and help on the issue covered.

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Tusla - Child and Family Agency is the dedicated State agency responsible for improving wellbeing and outcomes for children. Tusla has responsibility for the following range of services: child welfare and protection services, including family support services; family resource centres and associated national programmes; early years (pre-school) inspection services; educational welfare responsibilities; domestic, sexual and gender-based violence services; and services related to the psychological welfare of children.

Barnardos supports children whose well-being is under threat, by working with them, their families and communities and by campaigning for the rights of children. Barnardos was established in Ireland in 1962 and is Ireland's leading independent children's charity.

Compiled by Fiona Lane.

# Introduction

This booklet is for parents of children aged 6 to 12 years who are separating. When parents separate it is a painful process for children and parents alike. The good news is that there are specific ways you can help your child through this difficult change in your lives.

This booklet is designed to help you as a parent or guardian to:

- Understand your child's needs before, during and after separation.
- Be aware of the impact of your separation on your child, so you can understand and respond effectively to your child's reactions to separation.
- Respect your child's right, and need, to be informed and consulted about the family changes brought about by separation.
- Understand the critical part you play in supporting your child's adjustment and well-being in the short, medium and longer term.

*Note: The term used to describe a parent who does not live permanently with a child is the 'non resident parent'.*

It is very important to support children's well-being and rights in the process of family change to help them to make a successful adjustment to separation or divorce. Equally, you will also need information and support to deal with the impact of separation so you can better help your children.

## Why focus on children's needs and rights during separation?

### Children's needs

Children thrive best in situations of security, affection and continuity. Whatever the changes brought about by separation, children need a 'secure base'. This means loving and attentive parents or guardians who recognise and respond to their needs, put their best interests first and provide a stable and consistent environment from which they can make the necessary adjustments.

Children who have adapted well to separation or divorce had received clear explanations from their parents about what was happening and why. During and after separation they had good relationships with both parents, who behaved in responsible and predictable ways.

### Children's rights

Like all human beings, children have rights in order to protect them, promote their well-being and provide them with the things they need in order to grow and develop their potential. The *UN Convention on the*

*Rights of the Child* states that children have a right to express an opinion and to be consulted on matters affecting them according to their age and maturity. During separation or divorce this means:

- Putting your child's well-being and best interests first.
- Talking and actively listening to your child to understand his or her feelings and wishes.
- Keeping your child informed of family changes brought about by separation.

## What does separation mean for children and parents?

### Loss and grief

Separation changes the structure of a family forever. Children and parents grieve the loss of the kind of family they had hoped for, and children grieve the loss of the daily presence and availability of a parent.

Mourning the losses that result from separation is normal. By recognising each grieving stage that you and your child are in, you will be better able to help your child (and yourself) successfully move through

the grief process in order to come to some sort of acceptance of the changed circumstances.

### Family changes

For children, separation may mean dramatic family changes, such as the departure of one parent from the family home and changes in family routines and enjoyed activities. A change of family home for a child may also mean adjusting to a new school and loss of friendships.

### Every family's experience is different

No child or parent will experience separation in the same way. Family circumstances and reasons for separation are unique in each situation. Your own culture, traditions and ethnic background will influence how you, your family and your community view separation. These factors may also determine the level of support available to you.

Whatever the circumstances, there is no doubt that the family changes resulting from a separation are difficult to cope with and create real stresses for children. While parents have the right to make choices about their lives, it is important to be aware of the impact separation will have on your child. By working together as parents to minimise the stress the situation creates


and responding openly and honestly to your child's concerns, you can ensure that your child's needs and well-being come first.

## Will separation have a damaging and permanent effect on our child?

- With support, children can and do adjust successfully to separation.
- There is no 'best age' for separation to happen. Children have different challenges and issues to overcome at each age and developmental stage.
- While there may be gender differences in how children react to separation, boys are not more adversely affected than girls. However, they may show distress in different ways.

Try to keep to a minimum the number of changes in the first year.

Your child's needs and emotional reactions to separation usually depend on his or her age and the circumstances of your separation. In the early stages, typical responses may be fear and worry about the future, anger, sadness, embarrassment, relief and



guilt. These emotional responses, which are likely to be expressed in your child's behaviour, will usually be resolved over time. Children can suffer long-term negative effects depending on their experience of the separation and as a result of ongoing conflict between the parents.

### What can be harmful to children?

- Conflict between parents before, during and after separation. Arguments and tension between parents affect children deeply and can leave them anxious, aggressive or withdrawn and more likely to develop behavioural problems.
- Going through several family changes, such as the breakdown of two or more parental relationships and adjusting to more than one new step-parent.

The way in which you separate will impact either positively or negatively on how your child will adjust. You can reduce the likelihood of your child experiencing longer term difficulties by working together responsibly as parents to support your child before, during and after separation.

## How can we manage our separation in the least damaging way for our child?

### 1. Take a shared parenting approach

This means continuing your joint role as parents and sharing the responsibility as equally as possible from the time of separation. This enables your child's relationship with both parents to continue in a meaningful way, rather than an arrangement whereby one parent plays a more peripheral role.

### 2. Develop a 'parenting plan'

This will set out how you will jointly make decisions about your child, share responsibilities and time with the children, and how you will deal with the inevitable difficulties that arise. A parenting plan can be developed together and/or with the assistance of trained family mediators, or solicitors trained in a 'collaborative law' approach.

### 3. Make decisions in your child's best interests

When making a parenting plan it is the quality of contact rather than the quantity that matters most.

In situations of domestic abuse or violence, your child must not be placed in a situation where he or she may be at risk. Any contact arrangements with your former partner should be based on the child's best interests and guarantee that your child will be safe and protected. This may mean that in certain situations contact is independently supervised. (See the booklet *Coping with Domestic Abuse* in this series.)

### 4. Do not involve your child in adult conflicts

Before separation, hostility between parents may feel frightening and children may feel 'caught in the middle'. After separation, conflict is just as damaging and may make it harder for children to have a close relationship with each parent. Try to keep sight of the positive aspects of your marriage and share these with your child.

### 5. Support your child's relationships with both parents

It is important for both parents to be involved in your child's life. This means respecting your child's relationship with your former partner. In situations where your former partner forms a new relationship, this may also mean learning to respect your child's decision to develop a relationship with this person.

## How and what do we tell our child about the separation?

How you explain your separation to your child will set the tone for the family relationships that will follow. The fear and guilt that children often feel during the process of separation can be eliminated with early, honest and reassuring communication by parents.

### When and how should we tell our child?

- Tell your child about the separation as soon as it becomes a firm decision, and when a date for the separation has been agreed.
- Plan together in advance how you will talk to your child.
- Tell your child with both parents together, if possible. Try to spend time with your child individually over the following days so he or she can discuss and share feelings with both of you.
- Feelings of anger, blame or guilt should be left out of the conversation. Agree that you will not argue or contradict each other in front of your child.

### What should we tell our child?

- The discussion about separation should be tailored to your child's age and development. However, all children should receive the same basic message: *'Mum and Dad used to love each other and were best friends, but now we're not happy together and have decided we'd be happier apart. What has happened occurred between us, but we will always be your parents and we will always be there to love and take care of you.'*
- Let your child know that he or she is not the cause of the separation. Children tend to blame themselves for the failure of their parents' relationship, and they need to be reminded frequently that it is not their fault.
- Tell your child clearly that the separation is permanent, in order to avoid giving false hope of a future reconciliation.
- Children may question whether your love for them is temporary and fear that you will disappear from their life. Tell your child repeatedly that the separation will not change the fact that parents are forever, and you will both always love him or her.
- Try to answer your child's questions as truthfully as possible. Children don't need to know all the details, just enough information so that they are



prepared for the upcoming changes but not so much that they are frightened.

### Are there other important messages to convey?

- Reassure your child about the future. Be as specific as possible about future plans and living arrangements. Talk with your child about how his or her daily basic needs will be met (e.g. who will prepare meals and help with homework).
- Tell your child that he or she can talk to you at any time about the separation and family changes.

### How might our child react to the news?

Not all children react the same way when told their parents are separating. Some ask questions, some cry or become angry and some may appear to have no initial response at all. For children who are openly upset or angry it is important to acknowledge their feelings and that it is ok to express them. If your child appears to have no emotional reaction right away, let him or her know that there will be other times to talk.

In situations of domestic abuse or family conflict, a child may perceive positive benefits to the ending of the relationship, but may have mixed feelings about it, such as guilt or loss. These issues should be discussed sensitively and in a balanced way with your child, whatever your own feelings. (See the booklet Coping with Domestic Abuse in this series.)


### What practical steps can we take to support our child's well-being before, during and after separation?

#### 1. Reassure your child

Children view parents as their most important source of comfort and support. Continually reinforce the message that you love your child and that you will be there for him or her throughout this difficult process of family change. Be optimistic. If you expect a positive outcome it may make it more likely.

#### 2. Try to keep changes in your child's life to a minimum

Maintain as much continuity and routine as possible in your child's life, such as keeping up friendships,



attending school and carrying on with your child's usual activities. Do everything you can to increase your child's self esteem. A secure child with a positive self image will cope better.

### 3. Talk and actively listen to your child

Keep your child informed about what is happening and why. However, while it is important for children to know that you are actively listening to their wishes and feelings, they do not want to be asked to make decisions relating to parenting arrangements which may involve choosing between parents.

### 4. Maintain your child's family support network

Actively encourage the involvement of other family members, on both sides of the family, whose relationship with your child is positive and beneficial, for example grandparents.

### 5. Try not to over compensate

Resist the temptation to make up for your child's loss with material things or lack of discipline in the home. Emotional hurt is best healed with care, support and consistency in parenting, not things.

### 6. Avail of a peer support programme

Encourage your child's participation in a peer support programme (such as Rainbows). Children benefit from the opportunity to meet children who have had similar experiences, which can reduce feelings of isolation or feeling 'different'.

### 7. Seek additional support

Let all significant adults in your child's life know about the family changes so that they can be a source of additional support, for example teachers, child minders, family members or trusted friends.

Recognise the signals of stress for your child's age. If these persist or there are specific problems you are concerned about, for example concerns about your child's safety or well-being, seek professional help.

## How will our child react to separation and what can we do to help?

Children are different and will cope with stress in different ways. While all children require support, some are more resilient than others and may cope well with the family changes. Others may experience greater difficulty, requiring additional support. Here are some of the needs and signals that represent children's possible reactions and some ways parents can help to meet their needs.

### School age children (between 6 and 8 years)

Between 6 and 8 years, fairness becomes an important issue for children. They may want to be sure that they spend the same amount of time with each parent. Children this age are also interested in issues such as who is to blame or who is at fault. They may feel insecure, become upset easily and worry about the future.

### Possible responses

Children's feelings may be expressed as unhappiness, anger or aggression. They may have problems with friendships or in school. Children may also exhibit stress

in unfamiliar situations, which may also take the form of physical complaints, such as upset stomachs, headaches or bed-wetting.

### Some ways you can help

- Children need individual time with each parent to continue being reassured that they are loved. It is important that you maintain a consistent family routine and visiting schedule to help your child feel secure.
- If your child expresses hope of reuniting your family, make sure he or she spends time with both of you separately to help cement the reality of the situation. As your child may hold onto this hope that you will get back together for years, you may need to gently revisit this issue over time.

### Preteens (between 9 and 12 years)

Between 9 and 12 years, children become more involved with activities apart from their parents. While school, friendships and recreational interests become more important for children in this age range, the impact of family remains critical. Children may feel self-conscious of their family being different and experience loss of self confidence and self esteem. They may feel a sense of powerlessness over their life.

## Possible responses

Children's feeling of stress or unhappiness may include difficulties with friendships, loneliness, depression, anger, difficulties in school, attention-seeking behaviours such as lying or stealing, or physical symptoms like headaches or stomach aches.

## Some ways you can help

- Your child may refuse to share time with you and your former partner equally and may try to take sides. Expect this behaviour and don't take it personally when it occurs. Whatever visiting arrangements are made, maintain the schedule and be positive and supportive about the involvement of both parents in your child's life.
- Open communication will help your child to voice their questions and fears, which may help to relieve stress.

Expect that your child's adjustment could take a while. Be patient. Some emotional or behavioural reactions to the stress of separation last for months or even longer and often happen in phases. Some may be much more temporary, if handled with sensitivity. It is also important to remember that children's reactions do not necessarily indicate permanent problems.

## How can we keep in touch with our child's feelings?

### Create space and time for your child to talk with you. Invite conversation.

Children need to know that their feelings are important to their parents and that they will be taken seriously. Be aware of the times that your child talks most freely to you, for example on a walk, in the car or at bedtime. Set aside half an hour a day or a period of time at the weekend to talk privately with your child.

### Help your child put his or her feelings into words.

Children's behaviour can often clue you in to their feelings of sadness or anger. Let your child voice his or her emotions without trying to change them or explain them away. You could say: *'It seems as if you are feeling sad right now. Do you know what's making you feel so sad?'* Be a good listener, even if it is hard for you to hear.

### Let your child know that his or her feelings are valid

It may be helpful to say things like: *'No wonder you feel sad'* or *'I know it feels like the hurt will never go away, but it will'*. It is important to encourage children

to get it all out before you start offering ways to make it better. Answer your child's questions as honestly as possible.

### Offer support.

Ask, *'What do you think will help you to feel better?'* Your child may not be able to name something, but you could suggest a few ideas, maybe just to sit together for a while, take a walk together, draw a picture for the absent parent or offer to call Dad/Mum on the phone.

## How can we learn to communicate effectively as parents during and after separation?

Developing a working relationship with your former partner and learning to communicate effectively as parents are the most important ways you can help your child to adjust healthily to the separation. Often described as the most difficult task facing separated couples, this involves learning to separate your 'couple relationship', which has ended, from your role as parents in order to work together for the benefit of your child. This can be achieved by creating a business-like relationship with your former partner.

### How to maintain a 'business-like' parenting relationship

- Develop a joint 'parenting plan' and commit to making it work.
- Promote goodwill in the relationship. Be positive and encouraging about your child's relationship with your former partner. Respect their individual parenting style.
- Be clear in your communication with your former partner. Communicate directly; do not ask your child to carry messages, no matter how minor.
- Make arrangements to talk about your child. Except for emergencies, call only during agreed upon times. Be polite. Do not use bad language or name calling. Do not discuss issues under the influence of alcohol or drugs. If you feel yourself getting un-businesslike, agree to talk at a later time.
- Do not discuss matters unrelated to your child unless your former partner agrees to do so. Respect your former partner's privacy; do not seek the details of his or her life.
- Keep agreements. Do not break appointments, be late or disappoint your child. Before making decisions that concern your child, consult your former partner and the child so that the most workable decision can be made.

- Avoid 'separation games' with your former partner. Because you may have been hurt in the separation, there can be an urge to 'strike back' or punish your former partner. When a child is used as an instrument to hurt the other parent through a series of separation games, the effects can be devastating, especially on the child. Awareness of this damaging behaviour can lead to self discipline for both parents – and can protect your child's emotional well-being.

## How will our child respond if one or both of us have a new partner?

Because separation involves significant family changes and adjustments, it is not unusual for children to be wary or show hostility towards a parent's new partner, especially if this person becomes a step-parent. A new partner may signify the end of children's hopes that their parents will get back together and confirm that their family has changed for good. Sometimes children may feel rejected by their parent, and feel confused and embarrassed when they are introduced to their parent's new partner. It can also reawaken the grief and sadness of their parent's separation.

Children will respond better if new partners and their families are introduced sensitively and gradually. It is very important to wait until a new relationship is established before introducing your new partner to your child. Discuss this issue in advance with your former partner, so that he or she can provide additional support to your child in making the necessary adjustments.

Your child will need time and support to work through this additional family change. It will be very important to set aside times to spend alone with your child.

Explain that your new partner is important in your life, but reassure your child that he or she is special and that you have plenty of love for him or her, and that this won't change.

Support for children may be just as vital at the time of forming new step-families as it is following separation. While it is important that your child shows respect for your new partner, it will only be over time that the new partner will be accepted and liked.

## How can I support my child when my former partner repeatedly misses visits or no longer stays in contact?

If this is happening in your family, it is a difficult and painful situation for your child. Your child may experience feelings such as loss, guilt and self-blame, sadness and anger. In order to help your child to cope it is important to:

- Continually reassure your child that it is not his or her fault and that nothing your child ever said or did caused this situation to happen.
- Reassure your child that he or she still has a family. One parent may be gone, or may miss visits, but you are there for your child every day. Other family members and trusted friends in your child's life can also provide much-needed love and understanding.
- In situations where there is no contact with the non-resident parent, ensure that your child has as much information as possible about the parent (e.g. photographs, fond memories). Actively support contact with your former partner's

extended family, if this is possible and in your child's best interests.

## How can we help our child through the separation, particularly when we often feel so sad and overwhelmed by the changes and demands?

Separation is a cause of significant stress for parents, often affecting a person's self esteem, health and personal well-being. It is important to care for yourself during this time and to get help with your own painful feelings about the separation. If you are able to make a healthy adjustment, your child will be more likely to do so too.

It is also important not to make your child your confidante, no matter how grown up you think he or she is. In some situations children may feel that they have to support or care for a distraught parent at their own emotional expense. Parents who recognise that this is happening in their family need to ensure they get emotional support for themselves in order to relieve the burden from their child.

Your child will benefit greatly if you role-model healthy and appropriate ways to cope with the emotional stress of separation. Be as positive as possible. Separation also presents an opportunity to make your life better.

Sources of support for separating parents include:

- **Trusted friends or family members.**
- **Support groups** – Many other people have had similar experiences and can offer helpful advice from their own knowledge and understanding of the impact of separation on children and parents.
- **Services for separating families or a counsellor or therapist** – Seeking professional support for yourself or your child is not a sign of weakness, but an acknowledgement that separation is a major life crisis for a family.

## Remember

Many of the elements that help children thrive and be emotionally healthy in a family where parents live together are the same ones that help children thrive and be emotionally healthy members of a separated family. With effective support for your child and yourself, and a positive parenting approach that places the child's best interests and well-being first, your child can successfully make a healthy adjustment to separation.



# Sources of Further Information

## Useful Publications

### For Parents

#### **Divorce and the Special Needs Child: a Guide for Parents**

Margaret Price (2011) Jessica Kingsley Publishers [E-BOOK]

#### **Living with Separation & Divorce**

Fiona McAuslan and Peter Nicholson (2011) Kite Books

#### **Parenting Apart: How Separated and Divorced Parents can Raise Happy and Secure Children**

Christina McGhee (2011) Vermillion

#### **When a Relationship Ends. Surviving the Emotional Roller-Coaster of Separation**

Lisa O'Hara (2011) Orpen Press

#### **Parenting when Separated: Helping Your Children Cope and Thrive**

John Sharry (2015) Veritas Publications

#### **Helping your child through a difficult divorce**

Amy J.L. Baker (2015) New Harbinger

### For Children

#### **The "D" Word: Divorce**

Julia Cook (2011) National Center for Youth Issues

#### **It Happened To Me – Mum and Dad Split Up**

Elizabeth O' Loughlin (2005) Pangolin Books

#### **What in the world do you do when your parents divorce? A survival guide for kids**

Roberta Beyer (2001) Free Spirit Publishing, Kent

## Useful Contacts

Here are the names of other places you can contact when you want information or want help to find someone to talk to:

#### **Barnardos**

Christchurch Square, Dublin 8

Tel: 01 453 0355 Email: [info@barnardos.ie](mailto:info@barnardos.ie) [www.barnardos.ie](http://www.barnardos.ie)

#### **Tusla - Child and Family Agency**

Brunel Building, Heuston South Quarter, Dublin 8

Tel: 01 771 8500

Email: [info@tusla.ie](mailto:info@tusla.ie)

[www.tusla.ie](http://www.tusla.ie) or [www.tusla.ie/parenting-24-seven](http://www.tusla.ie/parenting-24-seven)

## For Children

**Childline** Tel: 1800 666 666  
[www.childline.ie](http://www.childline.ie)

### **Irish Society for the Prevention of Cruelty to Children (ISPCC)**

Tel: 01 676 7960  
Email: [ispcc@ispcc.ie](mailto:ispcc@ispcc.ie)  
[www.ispcc.ie](http://www.ispcc.ie)

### **Rainbows Ireland**

Loreto Centre, Crumlin Rd, Dublin 12  
Tel: 01 473 4175 Email: [ask@rainbowsireland.com](mailto:ask@rainbowsireland.com)  
[www.rainbowsireland.com](http://www.rainbowsireland.com)

### **The Office of the Ombudsman for Children**

Millennium House, 52-56 Great Strand Street, Dublin 1  
Tel: 1890 654 654 Email: [oco@oco.ie](mailto:oco@oco.ie) [www.oco.ie](http://www.oco.ie)

## For Parents

### **Organisations providing dedicated services for separating parents.**

#### **Family Mediation Service**

Family mediation is a service to help married and non-married couples who have decided to separate or divorce, or who have already separated.

For contact details of local centres see  
[http://www.legalaidboard.ie/lab/publishing.nsf/content/Family\\_Mediation\\_Service\\_](http://www.legalaidboard.ie/lab/publishing.nsf/content/Family_Mediation_Service_)

### **AIM Family Services**

*(Family law, information, counselling and mediation)*  
64 Dame Street, Dublin 2  
Tel: 01 670 8363  
Email: [hello@aimfamilyservices.ie](mailto:hello@aimfamilyservices.ie)  
[www.aimfamilyservices.ie](http://www.aimfamilyservices.ie)

### **Accord** *(Catholic Marriage Care Service)*

ACCORD Central Office, Columba Centre, Maynooth, Co. Kildare  
Tel: 01 505 3112 [www.accord.ie](http://www.accord.ie)

### **Clanwilliam Marriage & Family Institute**

18 Clanwilliam Terrace, Grand Canal Quay, Dublin 2  
Tel: 01 676 1363 Email: [office@clanwilliam.ie](mailto:office@clanwilliam.ie) [www.clanwilliam.ie](http://www.clanwilliam.ie)

### **Relationships Ireland**

38 Upr Fitzwilliam Street, Dublin 2  
Tel: 01 678 5256 Email: [info@relationshipsireland.com](mailto:info@relationshipsireland.com)

### **Other sources of support and information for separating parents**

#### **Amen** *(Advice for male victims of domestic abuse)*

St. Anne's Resource Centre, Railway Street, Navan, Co. Meath  
Tel: 046 902 3718 [info@amen.ie](mailto:info@amen.ie) [www.amen.ie](http://www.amen.ie)

#### **Citizens Information Board** (Head Office)

Ground Floor, George's Quay House,  
43 Townsend St, Dublin 2  
Tel: 0761 079 000 Email: [info@ciboard.ie](mailto:info@ciboard.ie)  
[www.citizensinformationboard.ie](http://www.citizensinformationboard.ie)

**Free Legal Advice Centres**

13 Lower Dorset Street, Dublin 1  
Tel: 01 874 5690 [www.flac.ie](http://www.flac.ie)

**HSE infoline** (*Info service on all HSE services*)

Lo-call 1850 24 1850 Email: [info@hse.ie](mailto:info@hse.ie) [www.hse.ie](http://www.hse.ie)

**Irish Association for Counselling and Psychotherapy**

1st Floor, Marina House, 11-13 Clarence St,  
Dun Laoghaire, Co Dublin  
Tel: 01 230 3536 Email: [iacp@irish-counselling.ie](mailto:iacp@irish-counselling.ie)  
[www.irish-counselling.ie](http://www.irish-counselling.ie)

**Legal Aid Board** Head Office

Quay Street, Cahirciveen, Co. Kerry  
Locall: 1890 615 200 Email: [info@legalaidboard.ie](mailto:info@legalaidboard.ie)  
[www.legalaidboard.ie](http://www.legalaidboard.ie)

**Money Advice and Budgeting Service (MABS)**

Tel: 0761 07200 [www.mabs.ie](http://www.mabs.ie)

**Move Ireland**

Carmichael Street, North Brunswick Street, Dublin 7  
Tel: 01 872 4357 Email: [moveireland@eircom.net](mailto:moveireland@eircom.net)  
[www.moveireland.ie](http://www.moveireland.ie)

**One Family**

Cherish House, 2 Lower Pembroke Street, Dublin 2  
Tel: 1890 662 212 Email: [info@onefamily.ie](mailto:info@onefamily.ie) [www.onefamily.ie](http://www.onefamily.ie)

**Parentline**

Carmichael House, North Brunswick Street, Dublin 7  
Tel: 1890 927 277 Email: [info@parentline.ie](mailto:info@parentline.ie) [www.parentline.ie](http://www.parentline.ie)

**Pavee Point Traveller & Roma Centre**

46 North Great Charles Street, Dublin 1  
Tel: 01 878 0255 Email: [info@pavee.ie](mailto:info@pavee.ie) [www.paveepoint.ie](http://www.paveepoint.ie)

**Samaritans** (*24 hour confidential emotional support for people experiencing feelings of distress or despair*)

Tel: 116 123 [www.samaritans.org](http://www.samaritans.org)

**Treoir** (*National information service for one parent families*)

14 Gandon House, Custom House Square, IFSC, Dublin 1  
Tel: 01 670 0120 Email: [info@treoir.ie](mailto:info@treoir.ie)  
[www.treoir.ie](http://www.treoir.ie)

**Women's Aid**

Tel: 1800 341 900  
Email: [info@womensaid.ie](mailto:info@womensaid.ie)  
[www.womensaid.ie](http://www.womensaid.ie)

Tusla - Child and Family Agency, Brunel Building, Heuston South Quarter, Dublin 8

T: 01 771 8500 E: [info@tusla.ie](mailto:info@tusla.ie) [www.tusla.ie](http://www.tusla.ie)

Barnardos, Christchurch Square, Dublin 8

T: 01 454 9699 E: [resources@barnardos.ie](mailto:resources@barnardos.ie) or [training@barnardos.ie](mailto:training@barnardos.ie) [www.barnardos.ie](http://www.barnardos.ie)

**TUSLA**

An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency

  
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