



LEARNING ABOUT
SUPERVISED
VISITS

Alex

and the emotion avatar

When I found out
mum and dad were
splitting up...



... I felt a lot of
confusing things.

I was angry with
them for putting
me through it...



... I was sad that
everything was
changing...





... I was scared about what kids at school would say...

... and I was worried I'd have to explain it to my little brother...



... even though I didn't understand it myself.

STUFF YOU MIGHT BE FEELING



sad



calm



excited



confused



angry



happy



scared

Mum and dad were angry
with each other...



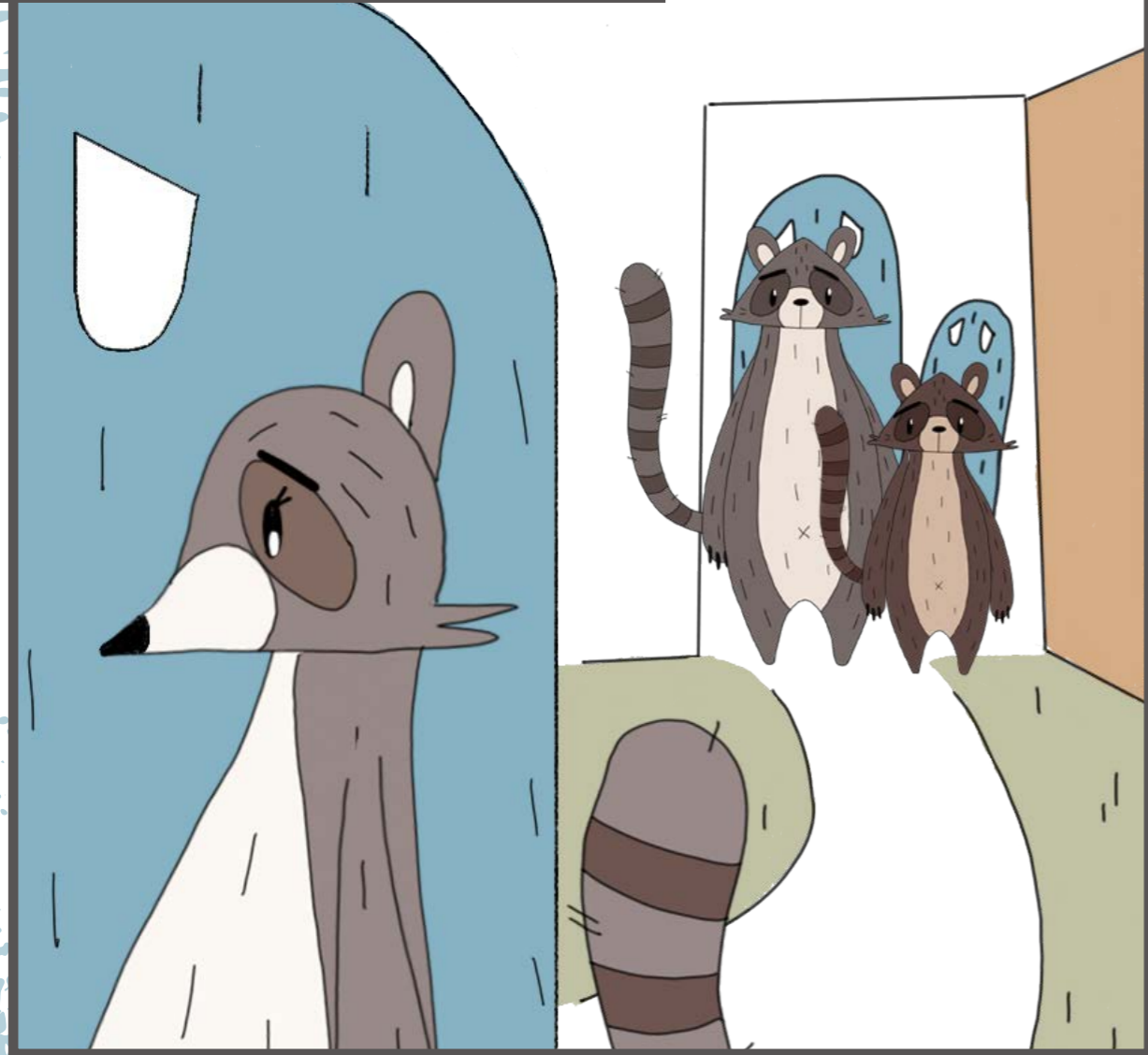
... and I didn't
understand why.

I didn't want to have
to choose a side...



... but I felt caught
in the middle.

Then mum left home.



I didn't know if I would see her again.

Grandad told me a contact centre might be able to help.



So I went online and found the NACCC website.

A contact centre is a place where kids
can see their parents again...



... without any arguing.



Grandad told mum about it,
and she gave them a call.

They were really helpful
and understanding.



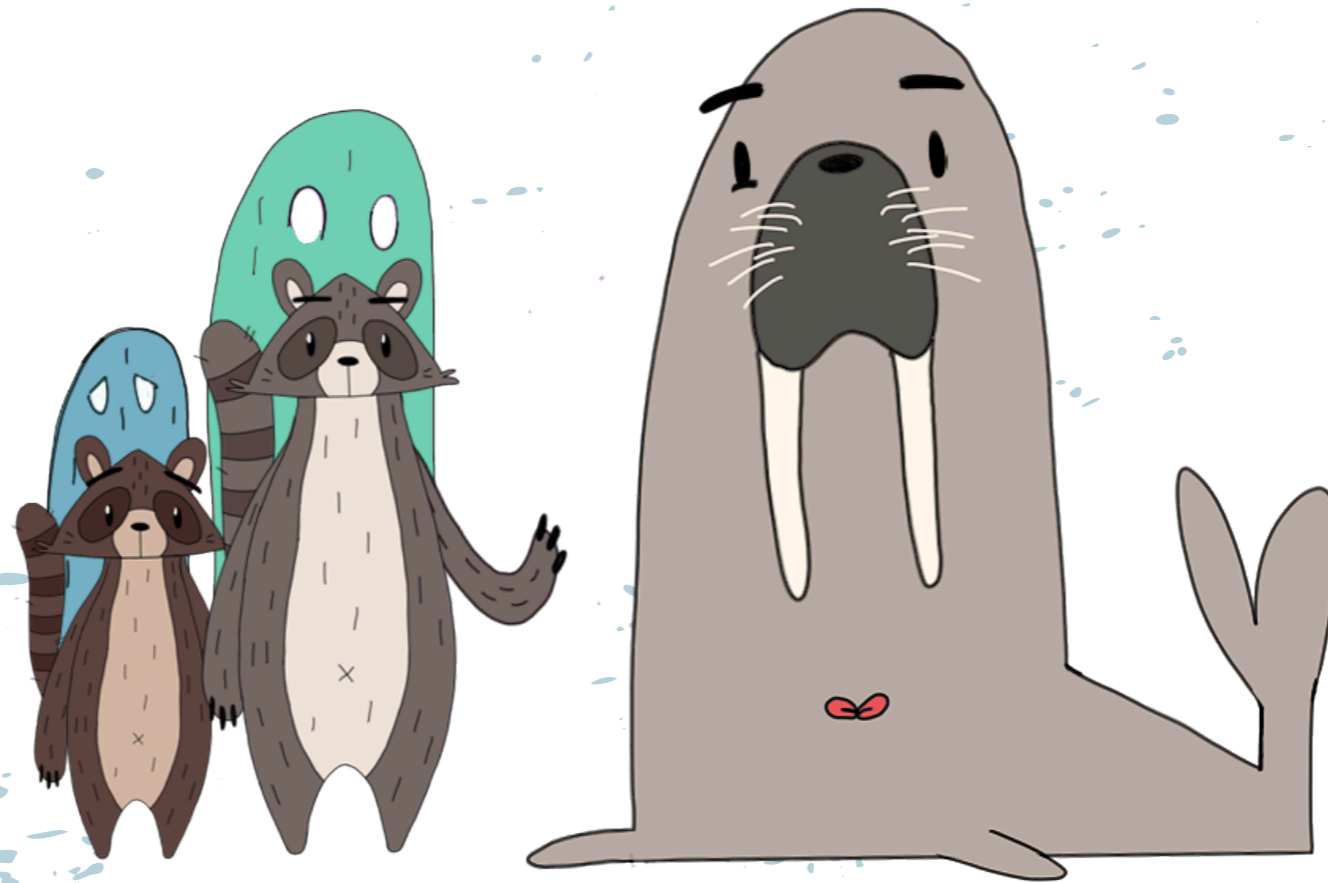
They arranged for me and my brother to visit our local centre...



... and find out all about it.

On our first visit, we met Stan.

He works at the centre.

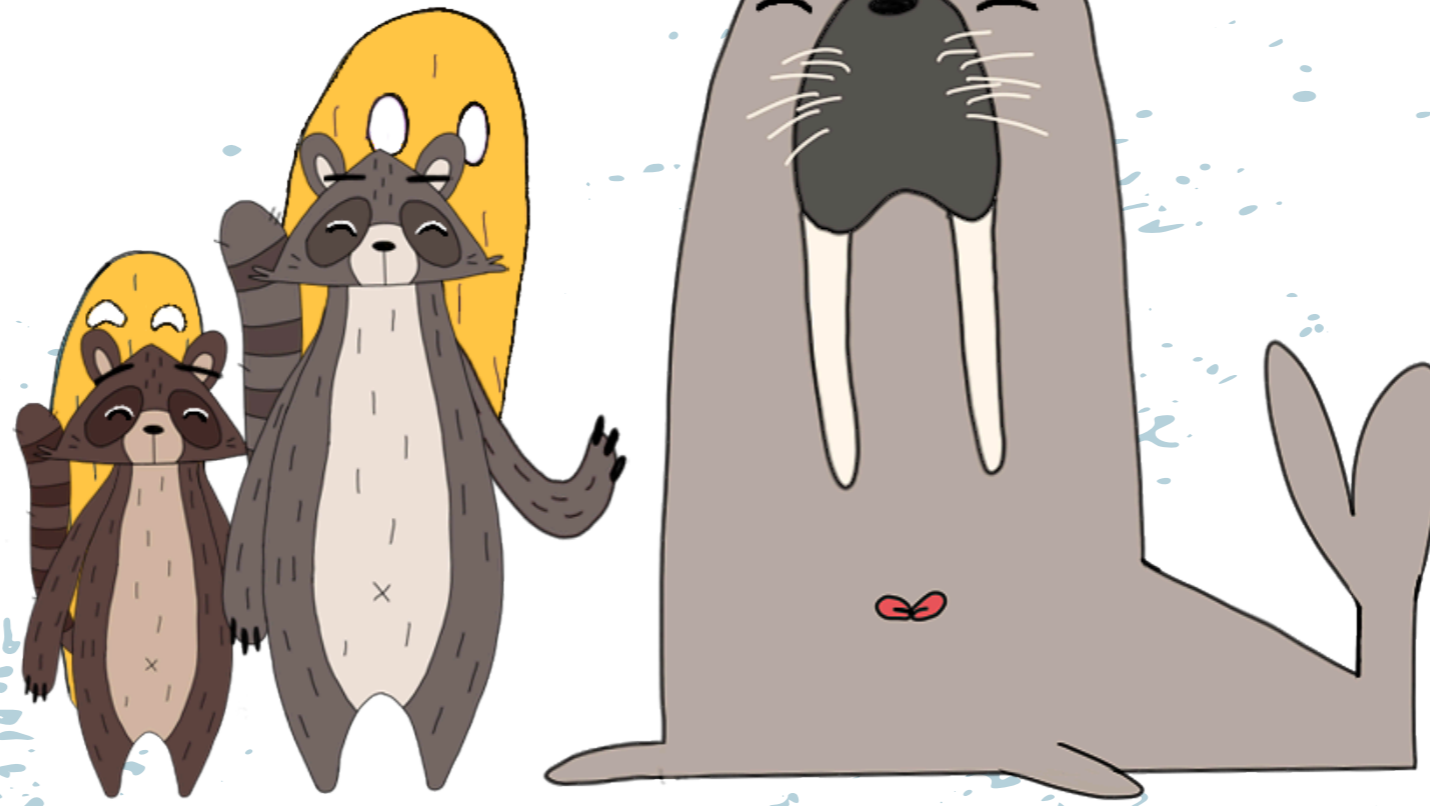


He told us how it all works, and what to expect.

He asked us how we were feeling... and it was really good to talk to someone.



We talked about
some of the things
that had been
happening at home...



... the good
bits and the
bad bits.

He said
being at
the centre
could help
us a lot.

Parents
acting
weird?

EVERYTHING
CHANGING?
don't
worry



IT'S NOT
YOUR FAULT.
EVERYTHING
WILL BE OKAY!




The first time we met mum at the contact centre, I felt a bit nervous.

I was worried she might say lots of bad things about dad...



... and I wouldn't know what to say.



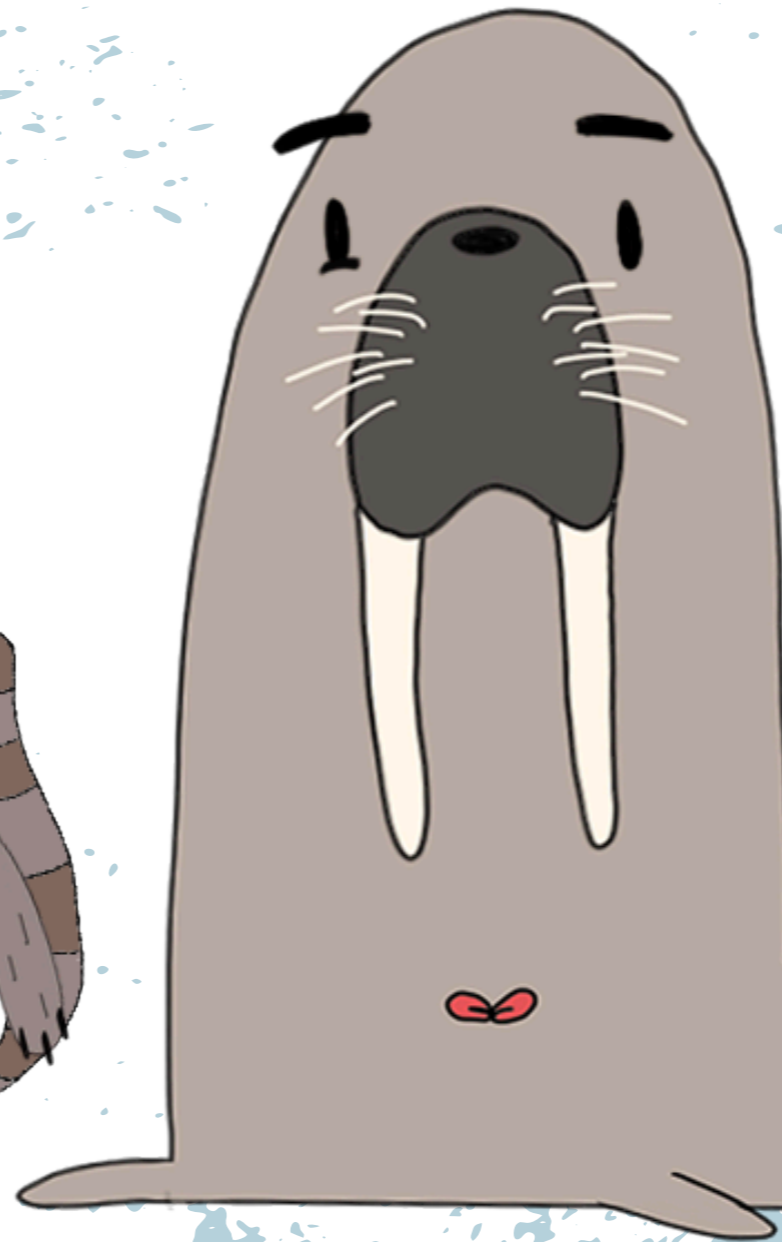
But that didn't
happen... much.

When it did, I tried to remember that
she didn't expect me to take a side.

She was just sad and angry about
everything that had happened...

... and that comes out sometimes.

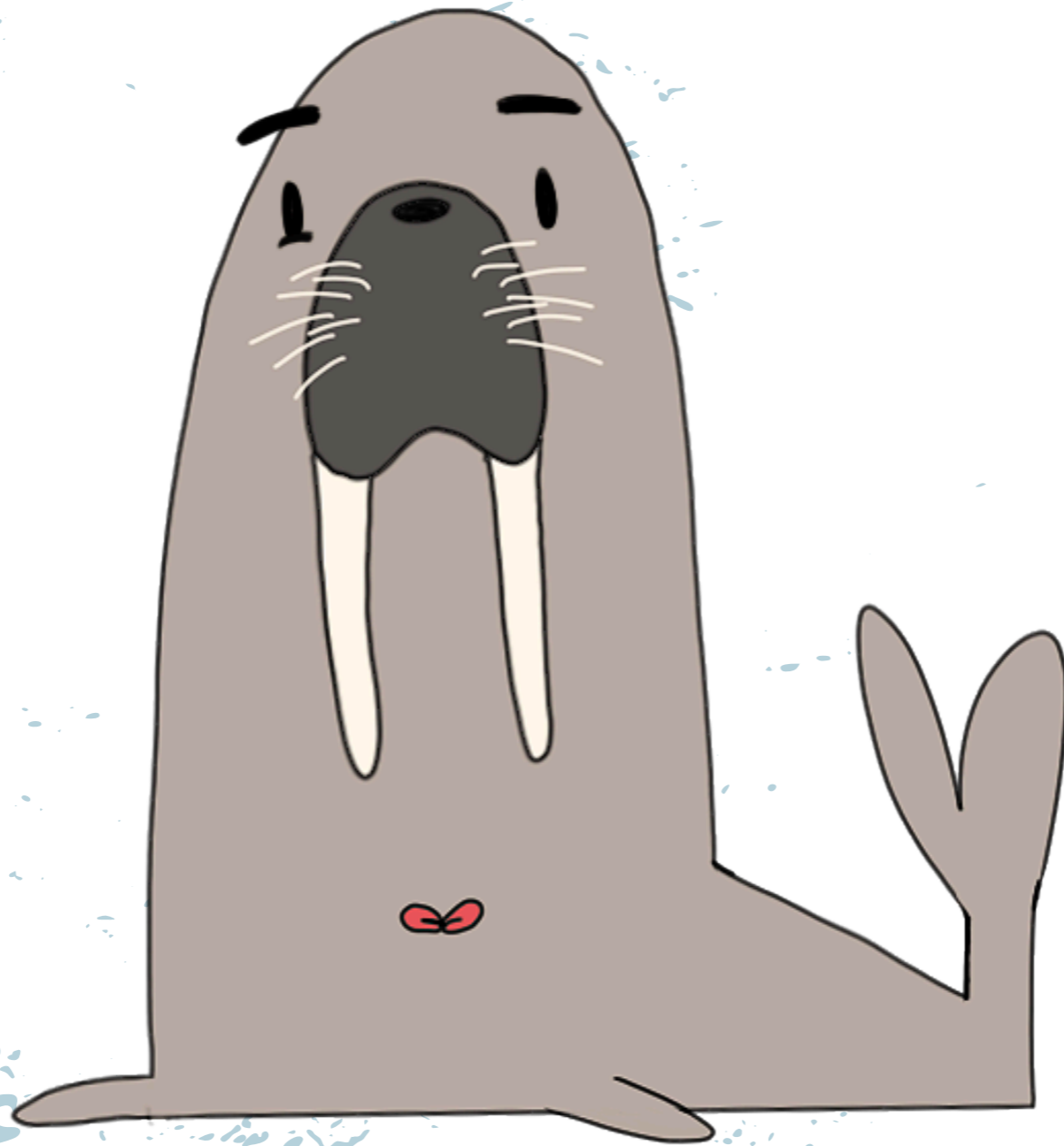
It was a bit weird meeting
at the contact centre
at first.



Stan was there taking notes,
which made us all feel a
bit awkward...



But we
soon got
used to it.



And it was good to know Stan
was always around to talk to.

Mum and I chatted
while she played with my
little brother.



I showed her how
well I'd been doing
at school.



We had a great time
together, just like we used
to at home.



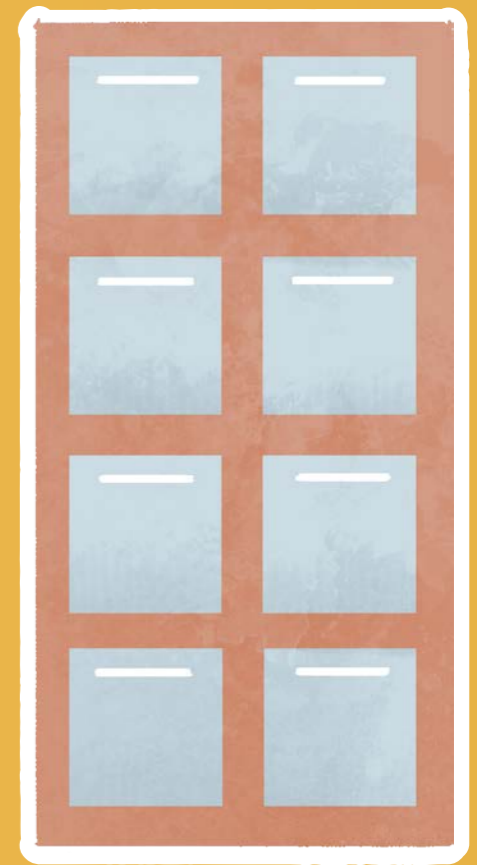
WHAT'S IT LIKE AT THE CENTRE?



people to talk to



safe places to talk



room to play



books to read



toys to play with



help and advice

I started to
understand that
mum and dad...



... were happier
apart...



... and that was okay.

It was okay for me to
love my dad...

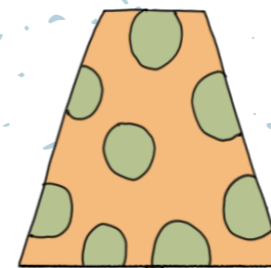
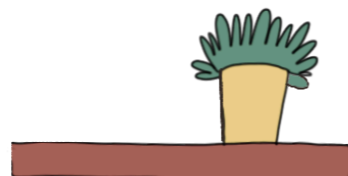


... and my mum...



... just like before.

And I knew that
they both still
loved us too.



Even though
things change all
the time...

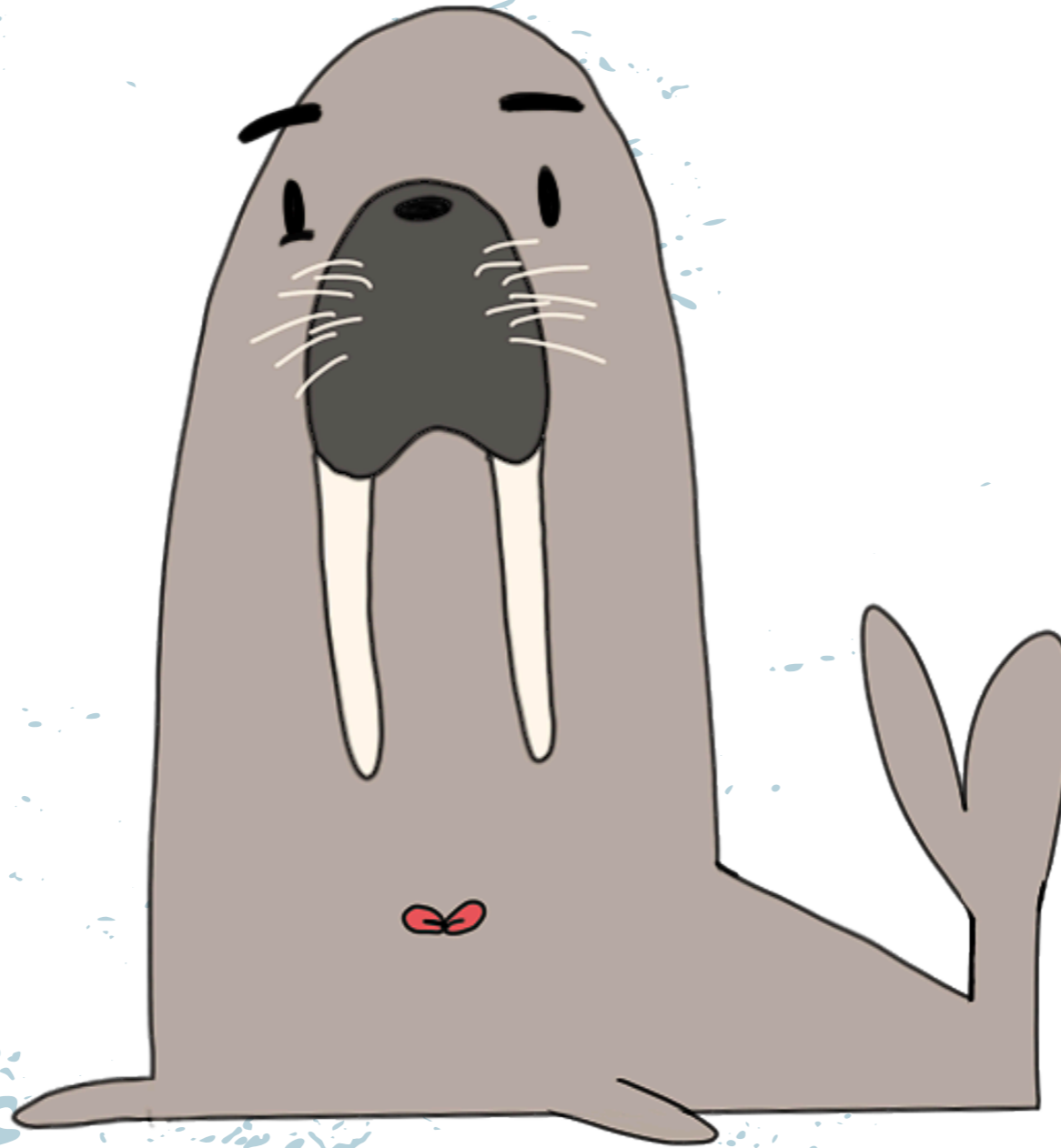
... important things
like that always
stay the same.

After we'd been
to the centre a
few times...



... we started meeting
in a bigger room with
other families in it.

Stan stopped
taking notes...



... so I guess that meant we
were making progress.

He was still around, though, to
make sure everything was okay.

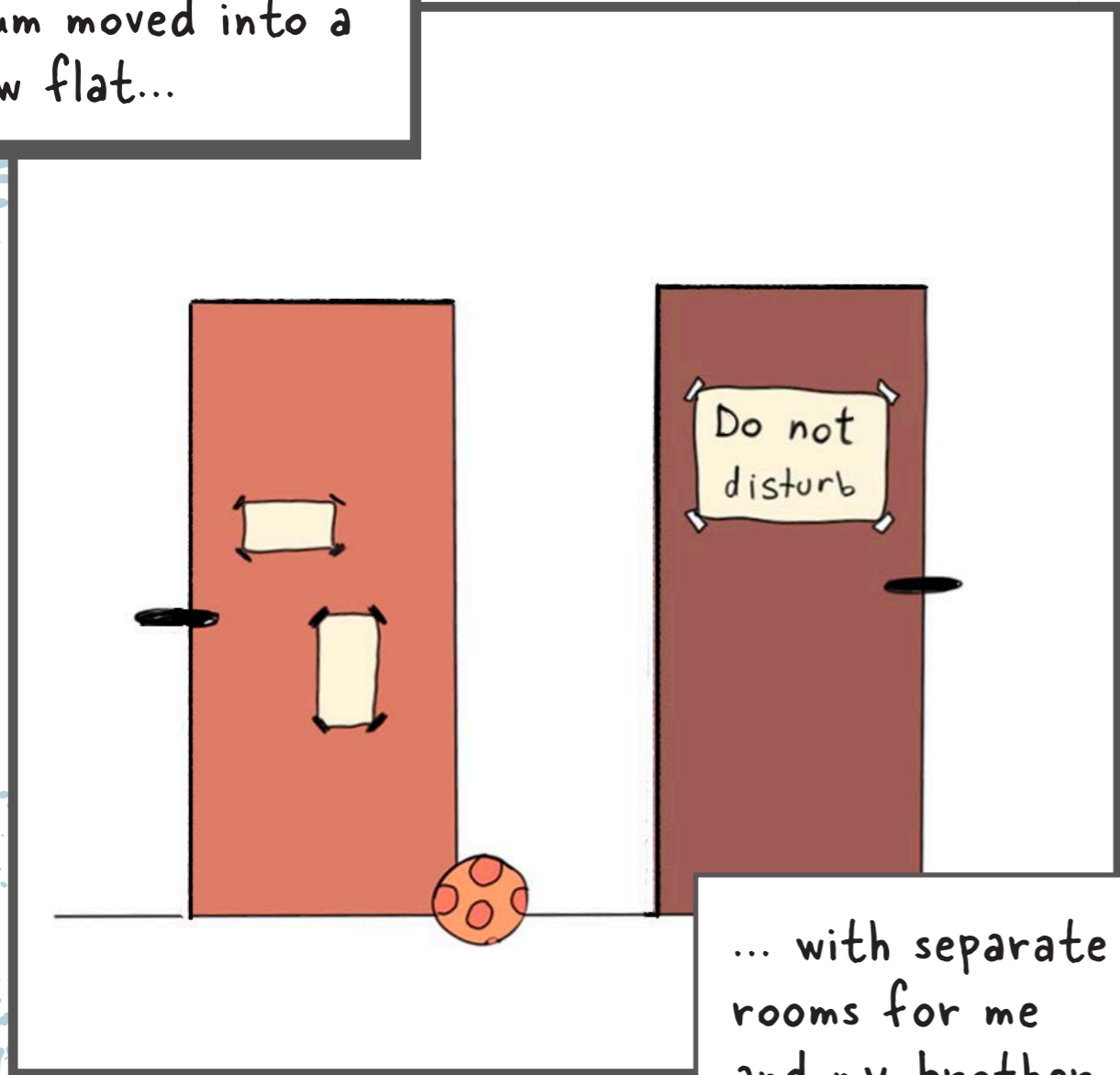
After a few weeks,
we started leaving
the centre with
mum for a while.



One day we went to
the park and got
ice creams.

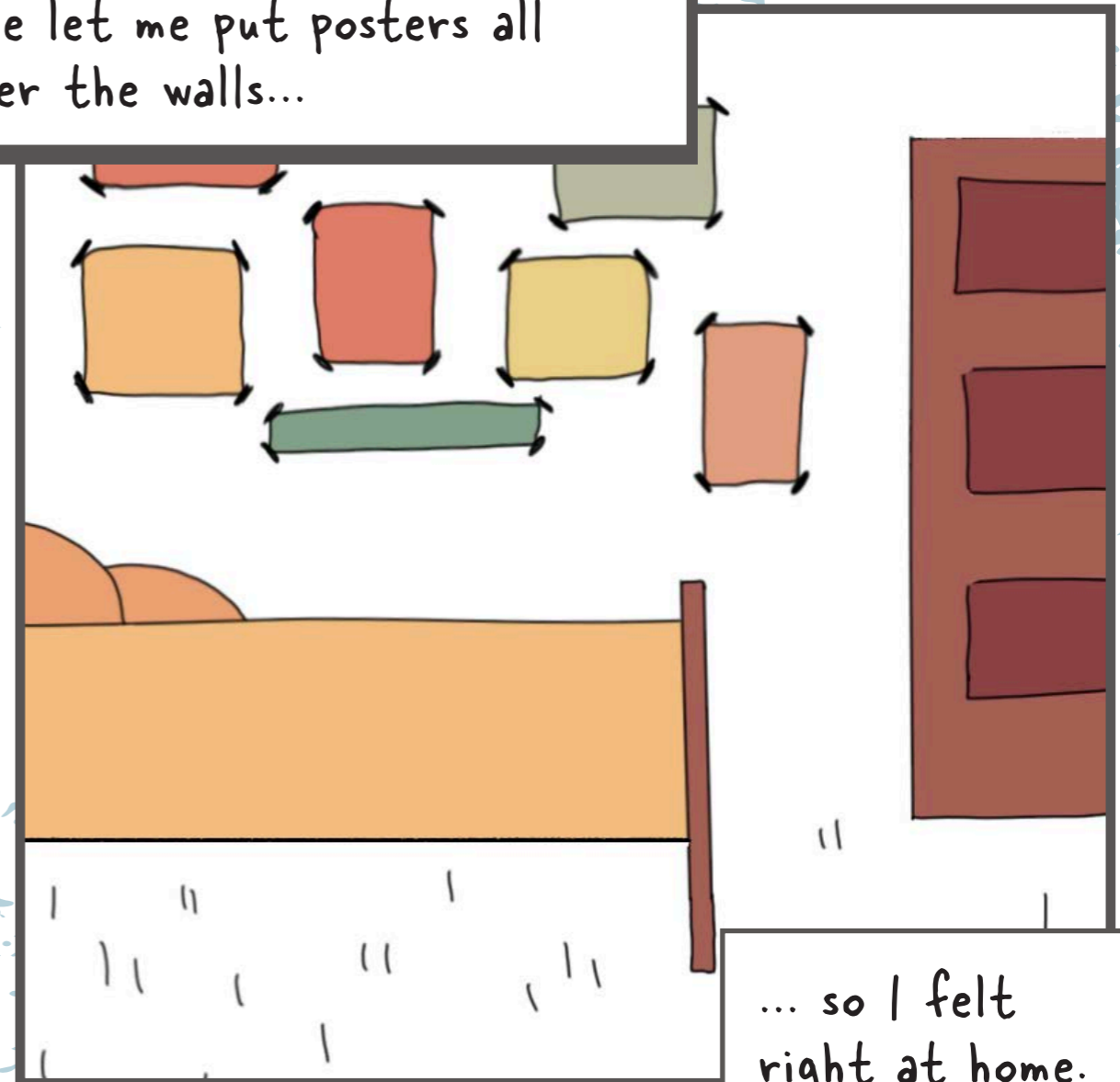


Mum moved into a new flat...



... with separate rooms for me and my brother.

She let me put posters all over the walls...



... so I felt right at home.

After a while,
mum got a new
boyfriend.



I wasn't sure
at first...



But he plays
guitar, so that's
pretty cool.

Now we visit mum
at the flat every
weekend...



... and live with dad at
the house for the rest
of the week.

We don't go to the contact centre anymore.



But I'm really glad we did.



Hey Alex! How's it going?
How did it go with your mum
at the contact centre?

Hey Robin! It wen't really well!
I see mum every weekend
now, it's really cool.



That's great!

I still need to talk about my
feelings and stuff sometimes.



Me too. Who do you talk to?

Depends how I'm feeling.
Sometimes my auntie or
a teacher at school.



How's it going with your
mum's new BF?

It was weird at first. I was
worried he might try to
replace my dad.



Yeah, I know exactly what you
mean.

But he's actually really nice.



So you're doing okay?

Yeah, everything is good! 😊



If your parents are separating and you feel like you need someone to talk to, you can call Childline or visit their website for help.

Call **0800 1111** or go to **www.childline.org.uk**

Don't worry - you're not alone.



Story by Rusty Monkey

Contact NACCC today to find out how we can
help you and your family

w: nacc.org.uk | e: contact@nacc.org.uk | t: 0115 948 4557 | @naccofficial f 



© NACCC 2020



Made possible thanks to support from players of
People's Postcode Lottery