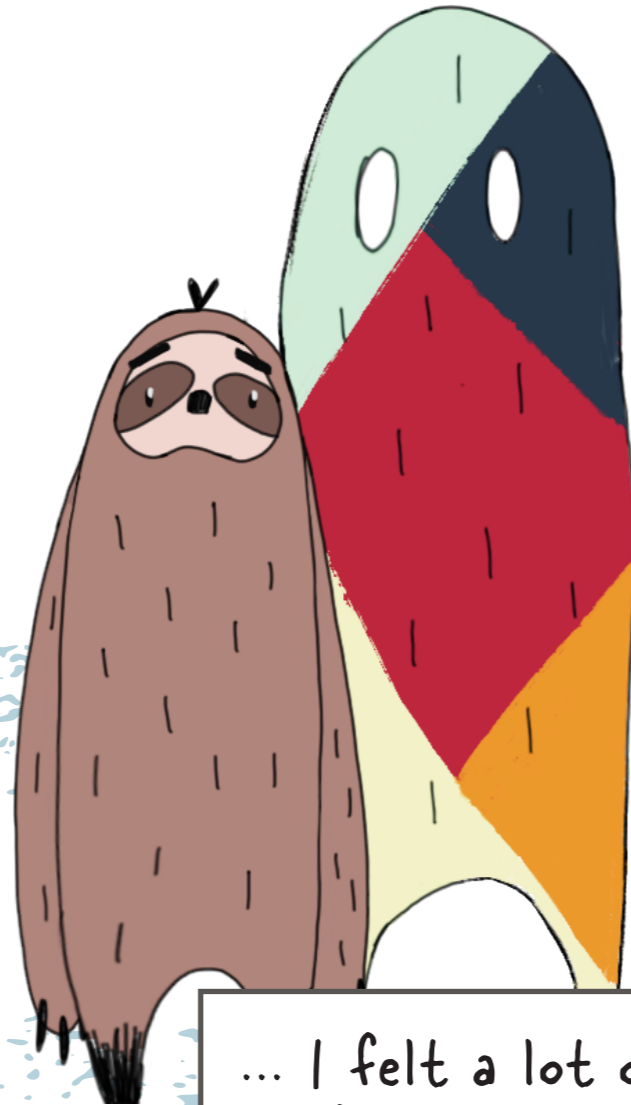


Robin

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 sister...



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

STUFF YOU MIGHT BE FEELING



sad



calm



excited



confused



angry



happy



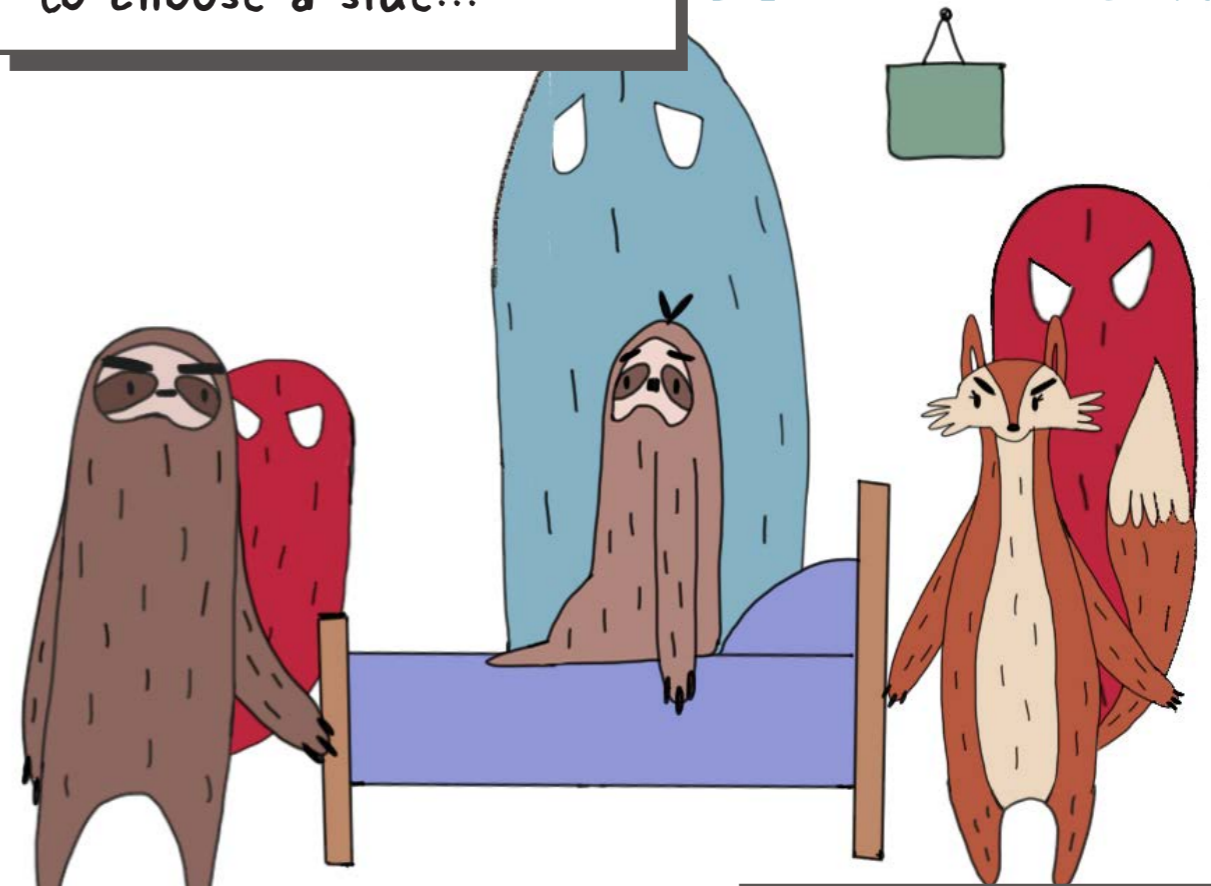
scared

Mum and dad were angry
with each other...



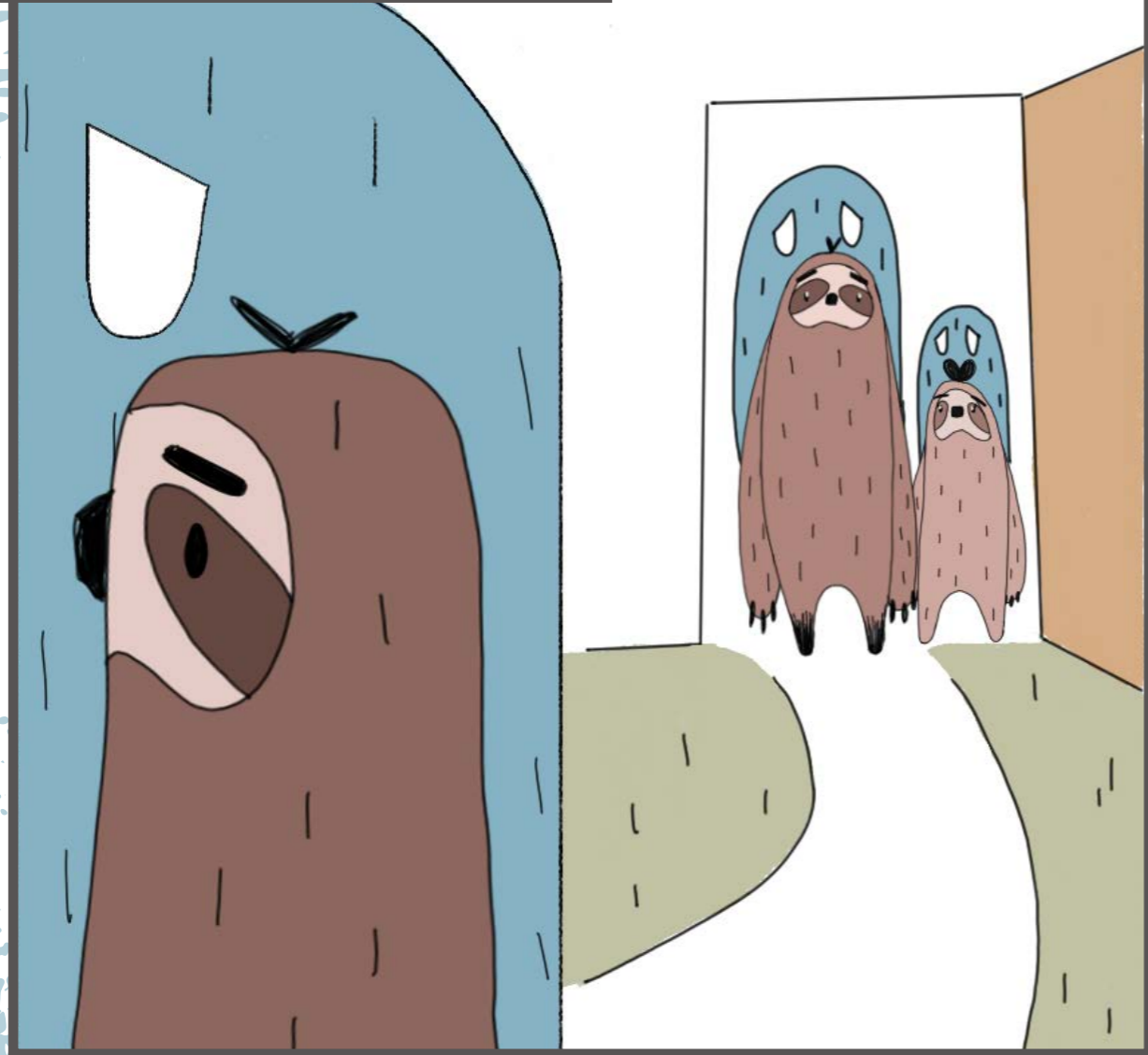
... and I didn't
understand why.

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



... but I felt caught
in the middle.

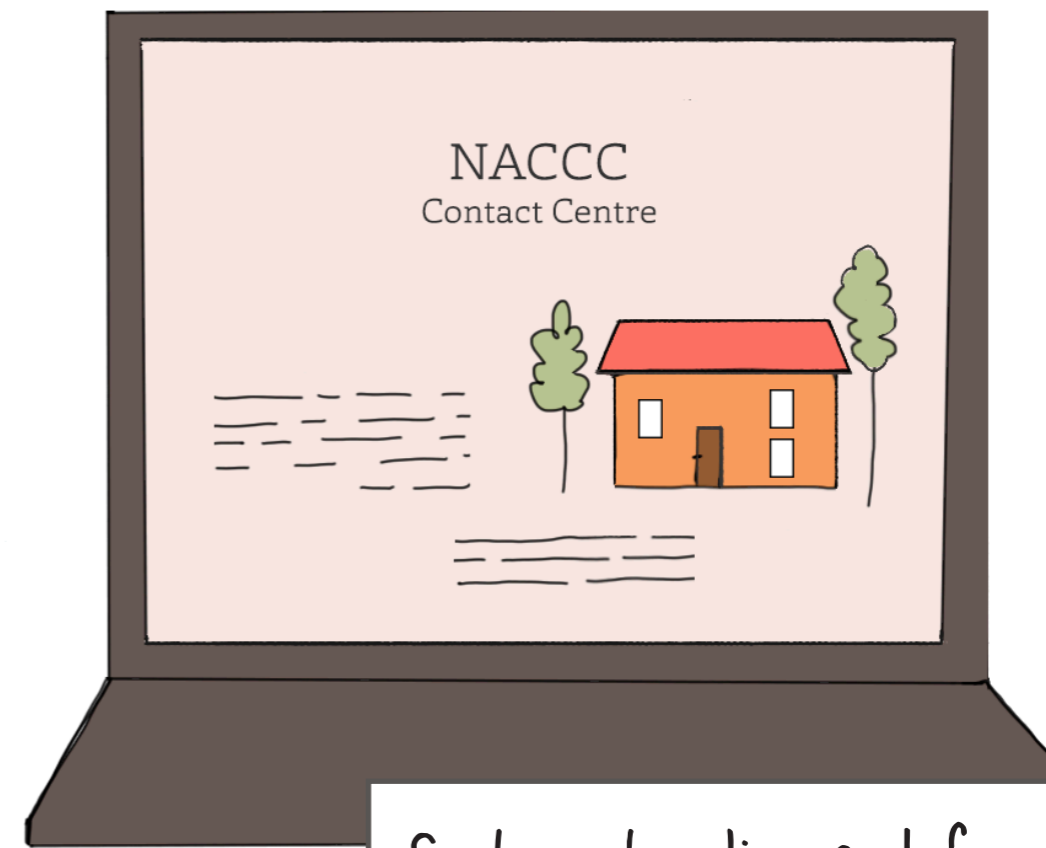
Then dad left home.



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



Granny 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.



Granny told dad about it,
and he gave them a call.

They were really helpful
and understanding.

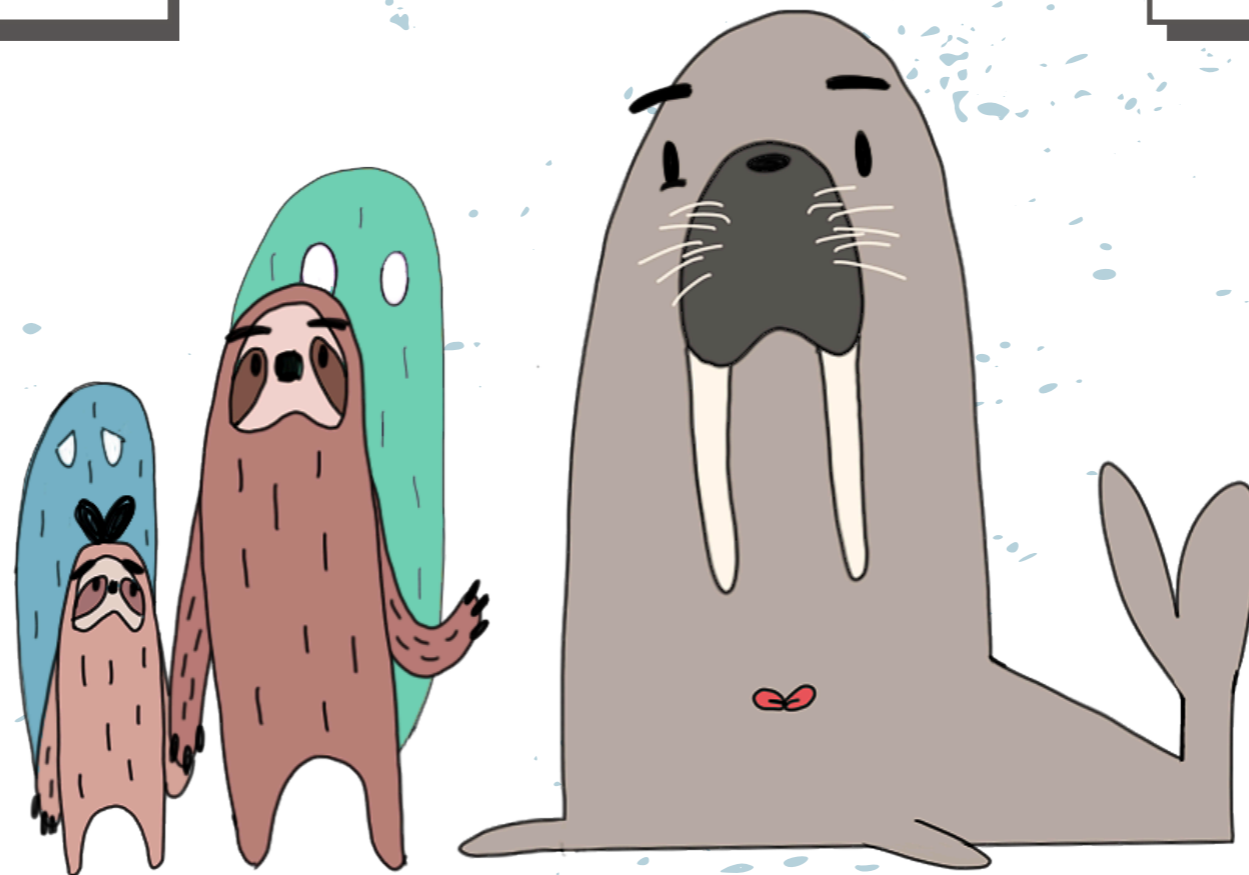
They arranged for me and my sister
to visit our local centre...



... and find out all about it.

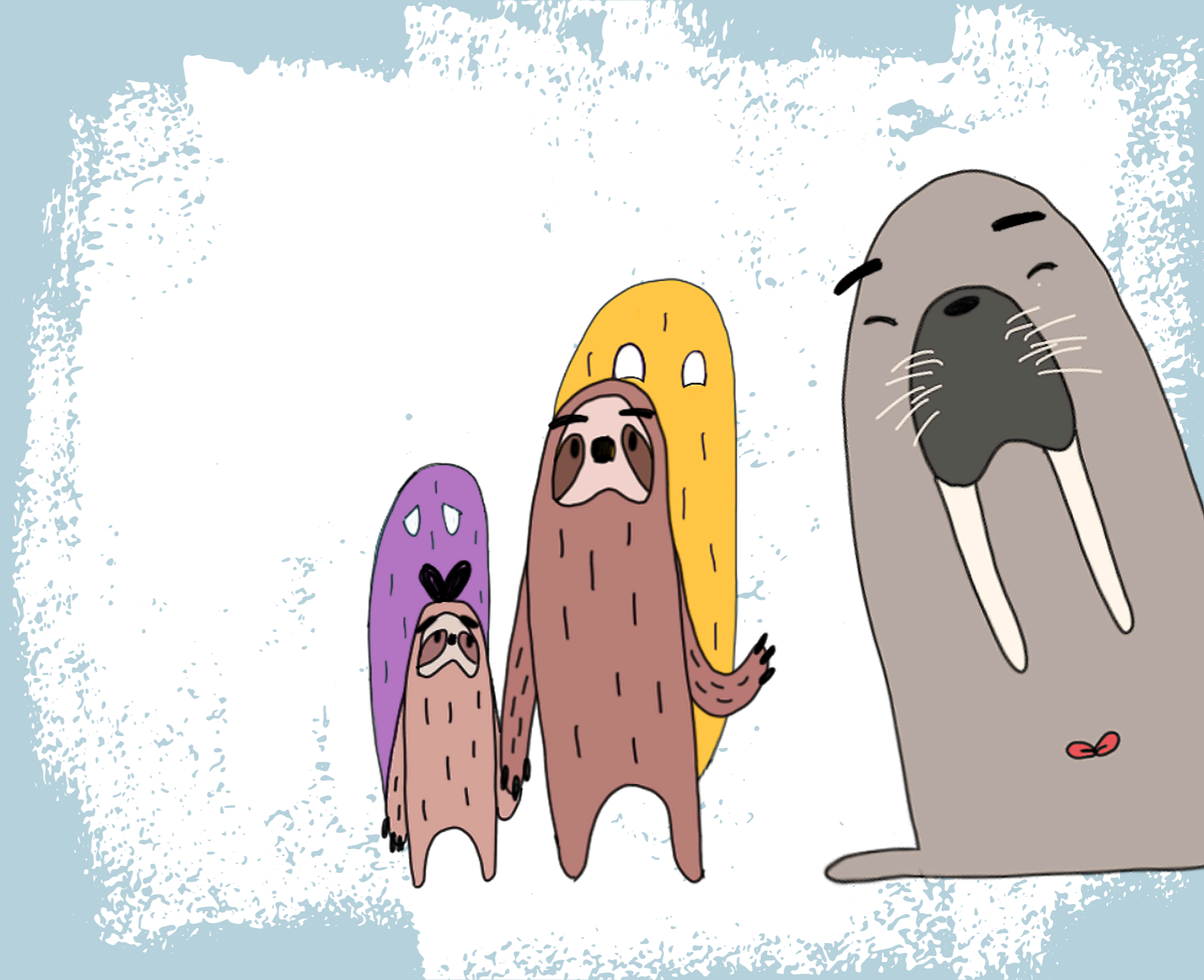
On our first visit, we met Stan.

He works at the centre.

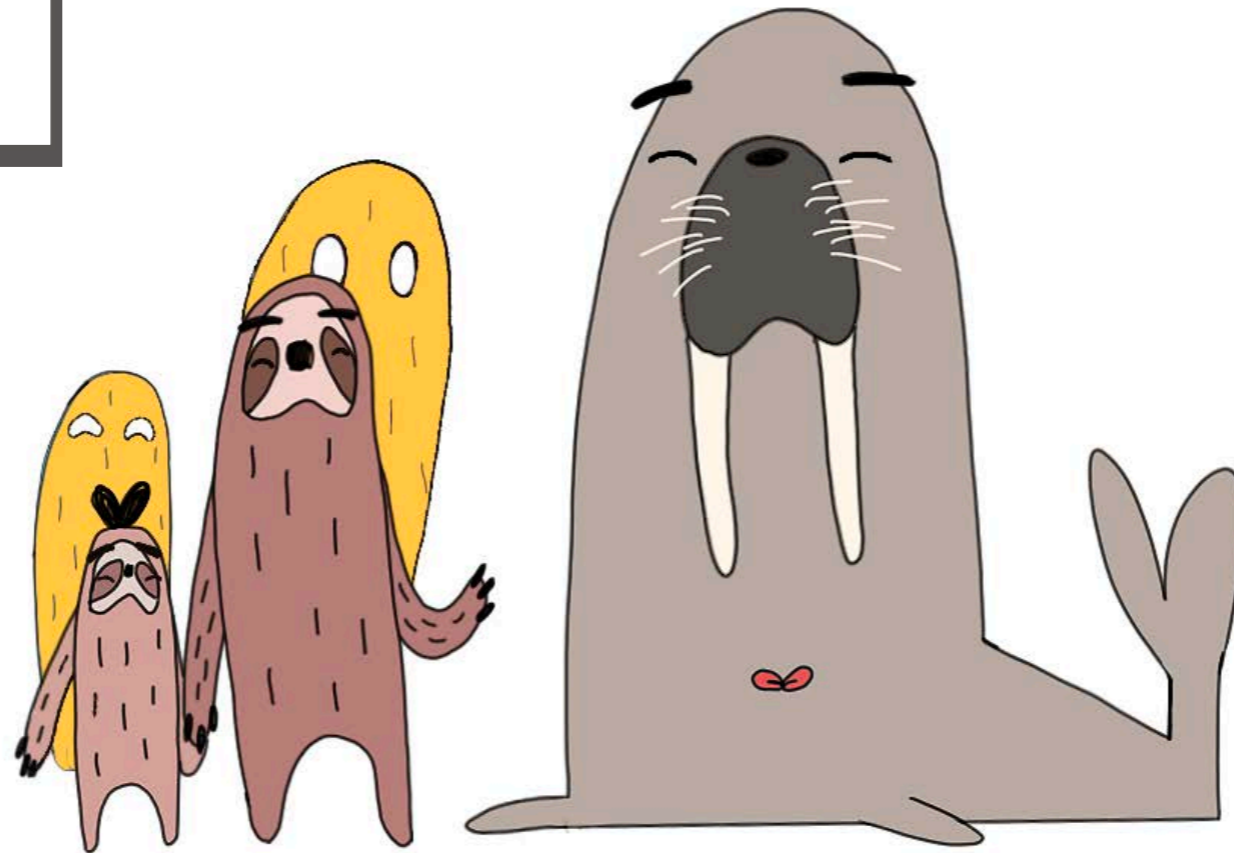


He told us how it all works, and what to expect.

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...

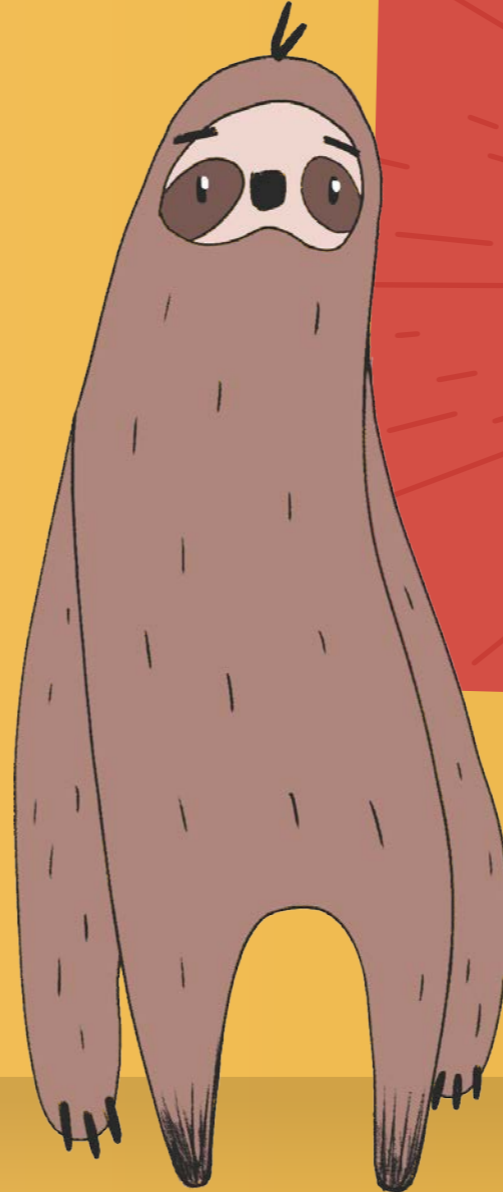


... the good bits and the bad bits.

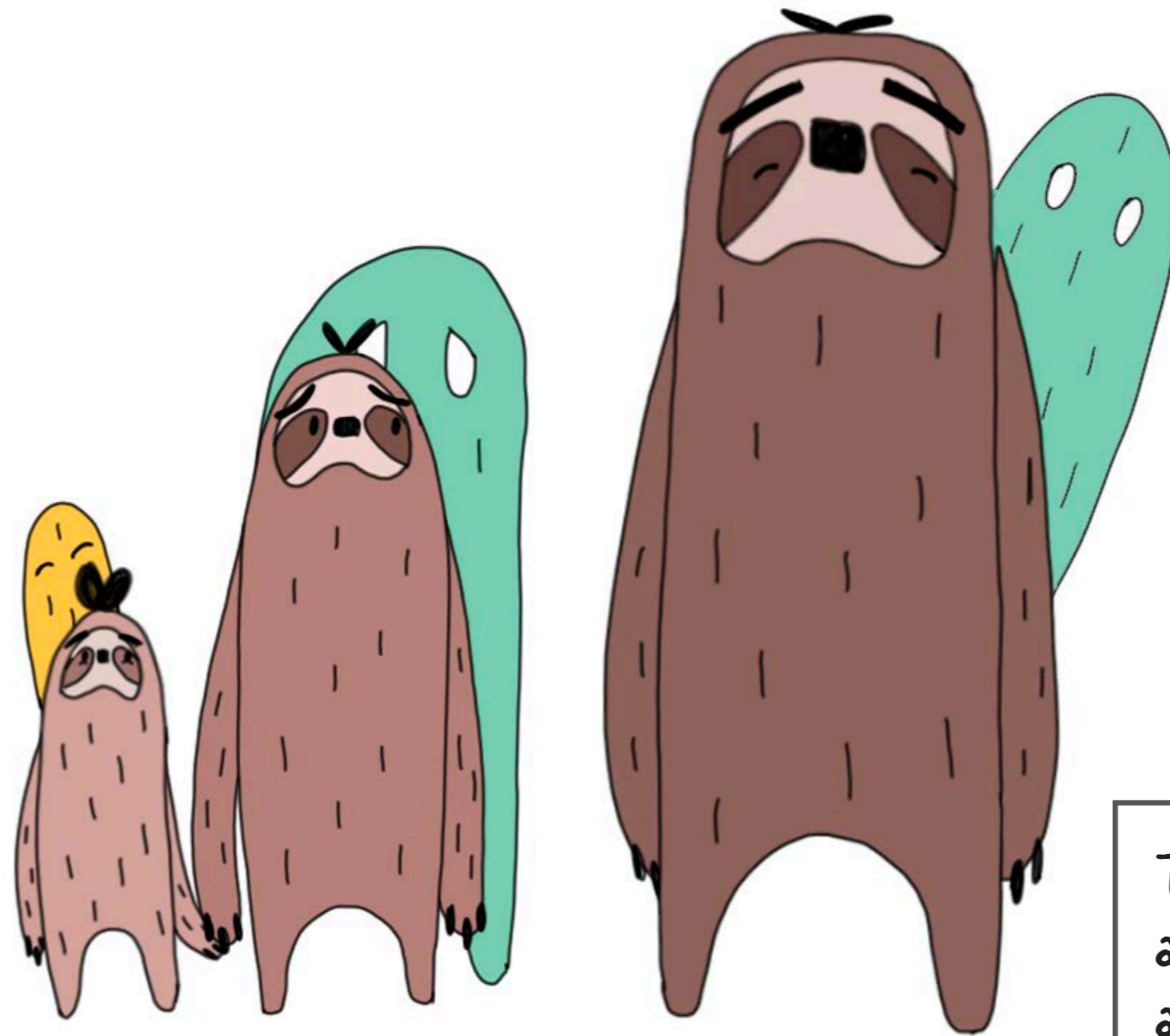
He said being at the centre could help us a lot.

Parents
acting
weird?

EVERYTHING
CHANGING?
don't
worry



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




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

I was worried he might
say lots of bad things
about mum...



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

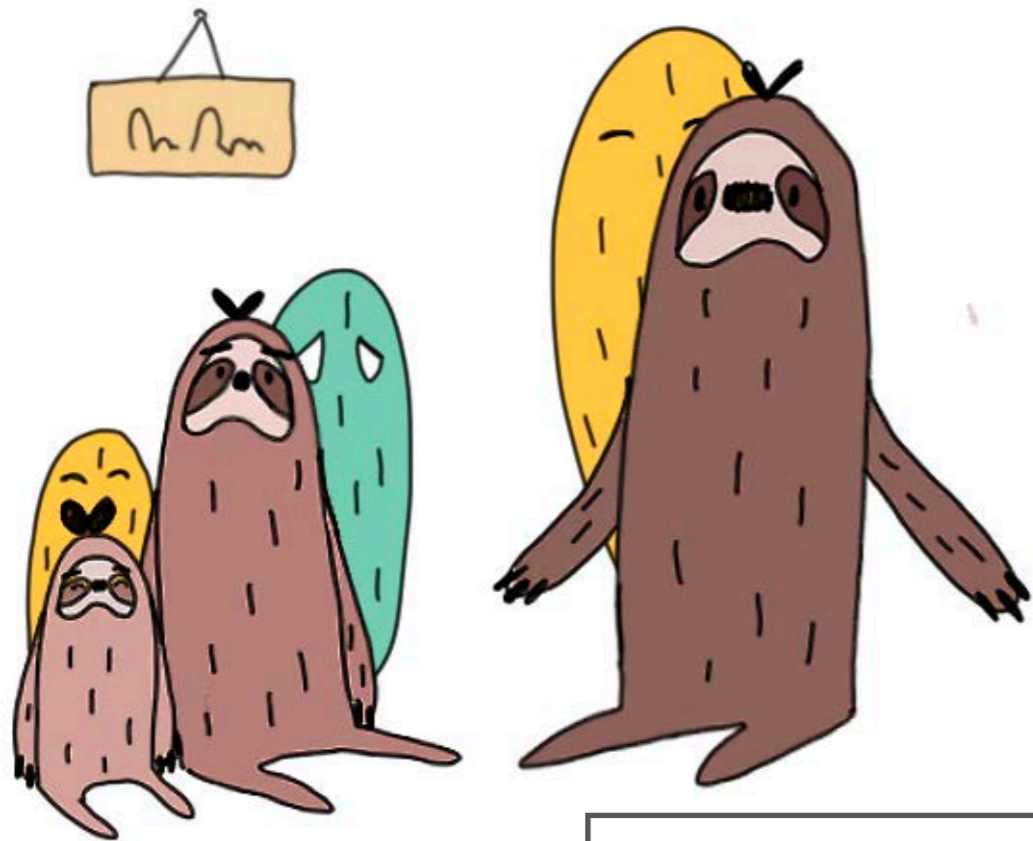


But that didn't
happen... much.

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

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

... and that comes out sometimes.

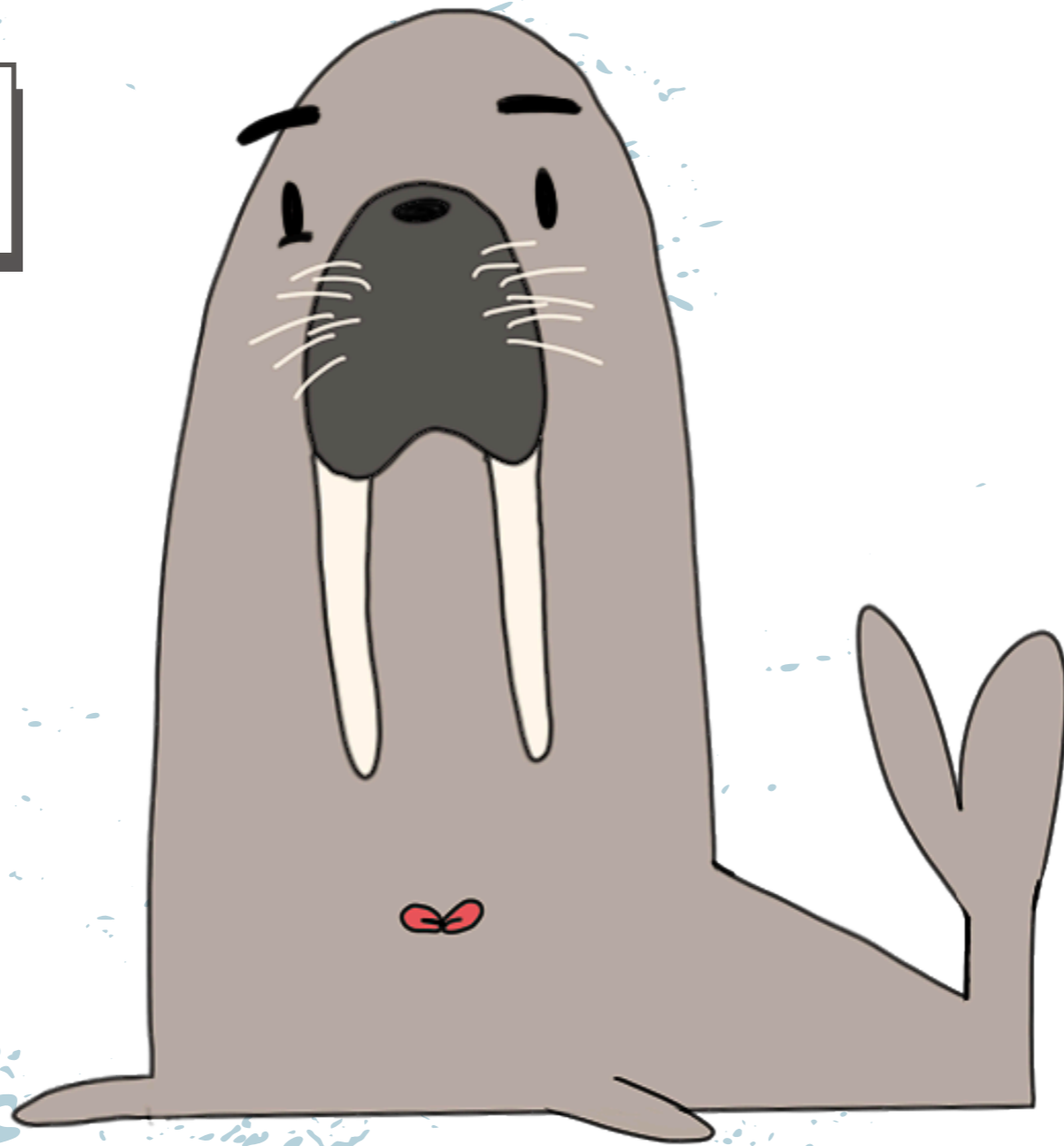


We met in a large room full of toys and books.

There were other kids and parents there too, all laughing and having fun.



Stan was there the whole time.



It was really good to know he was around to talk to.

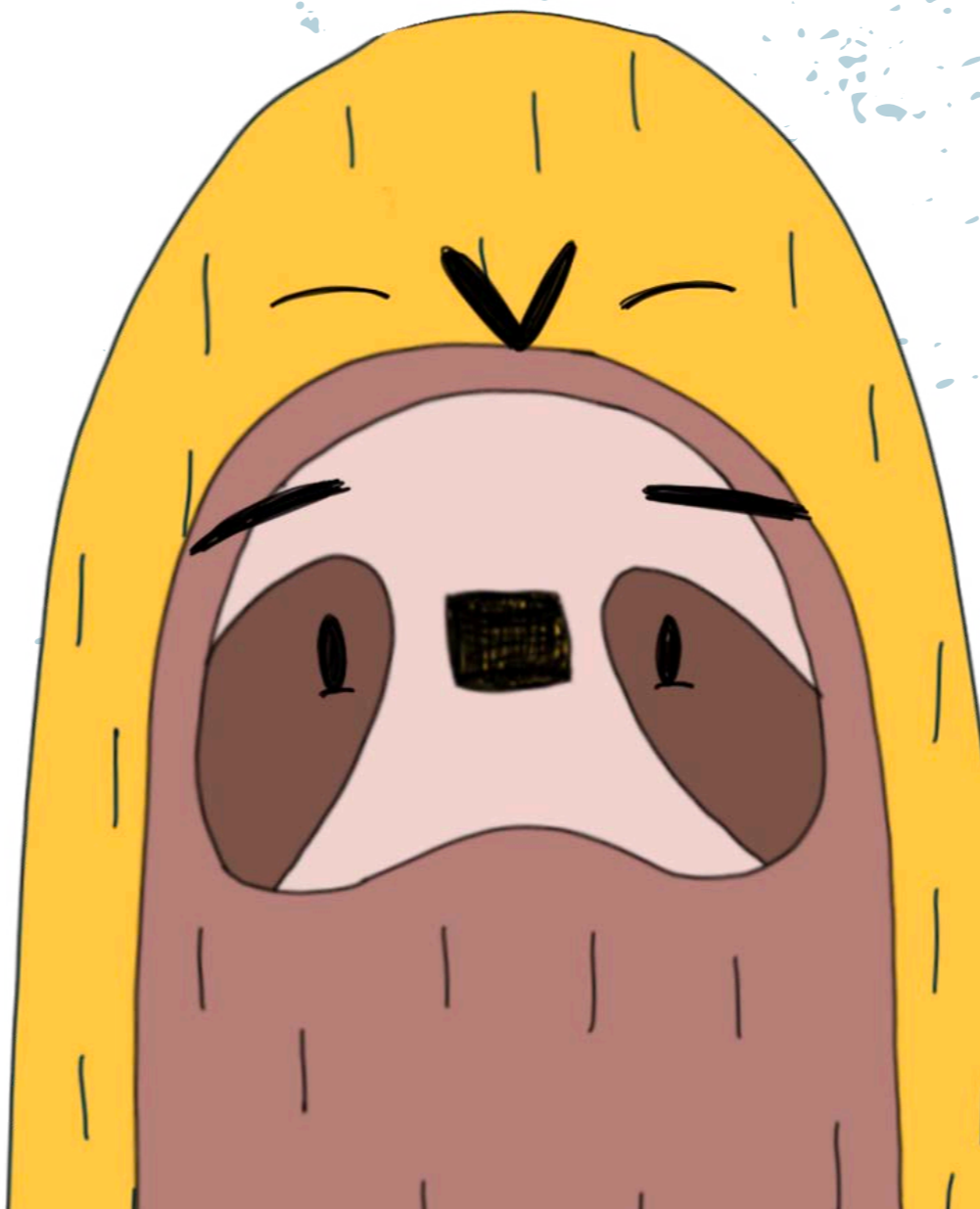
Dad and I chatted
while he played with
my little sister.



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



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



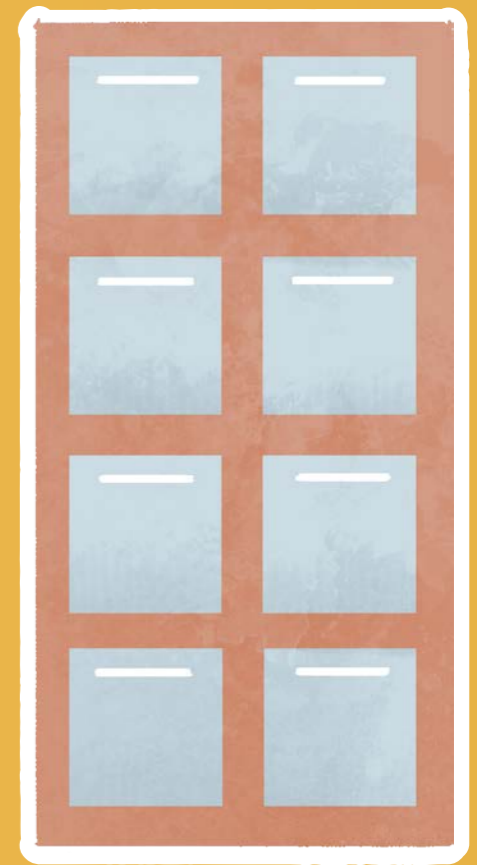
WHAT'S IT LIKE AT THE CENTRE?



people to talk to



safe places to talk



room to play



books to read

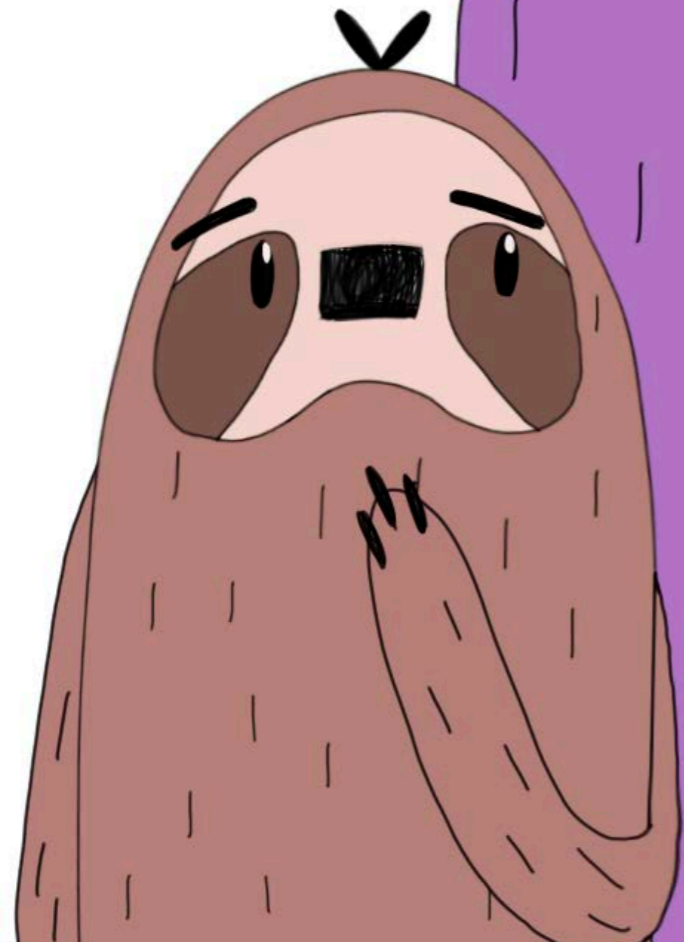


toys to play with

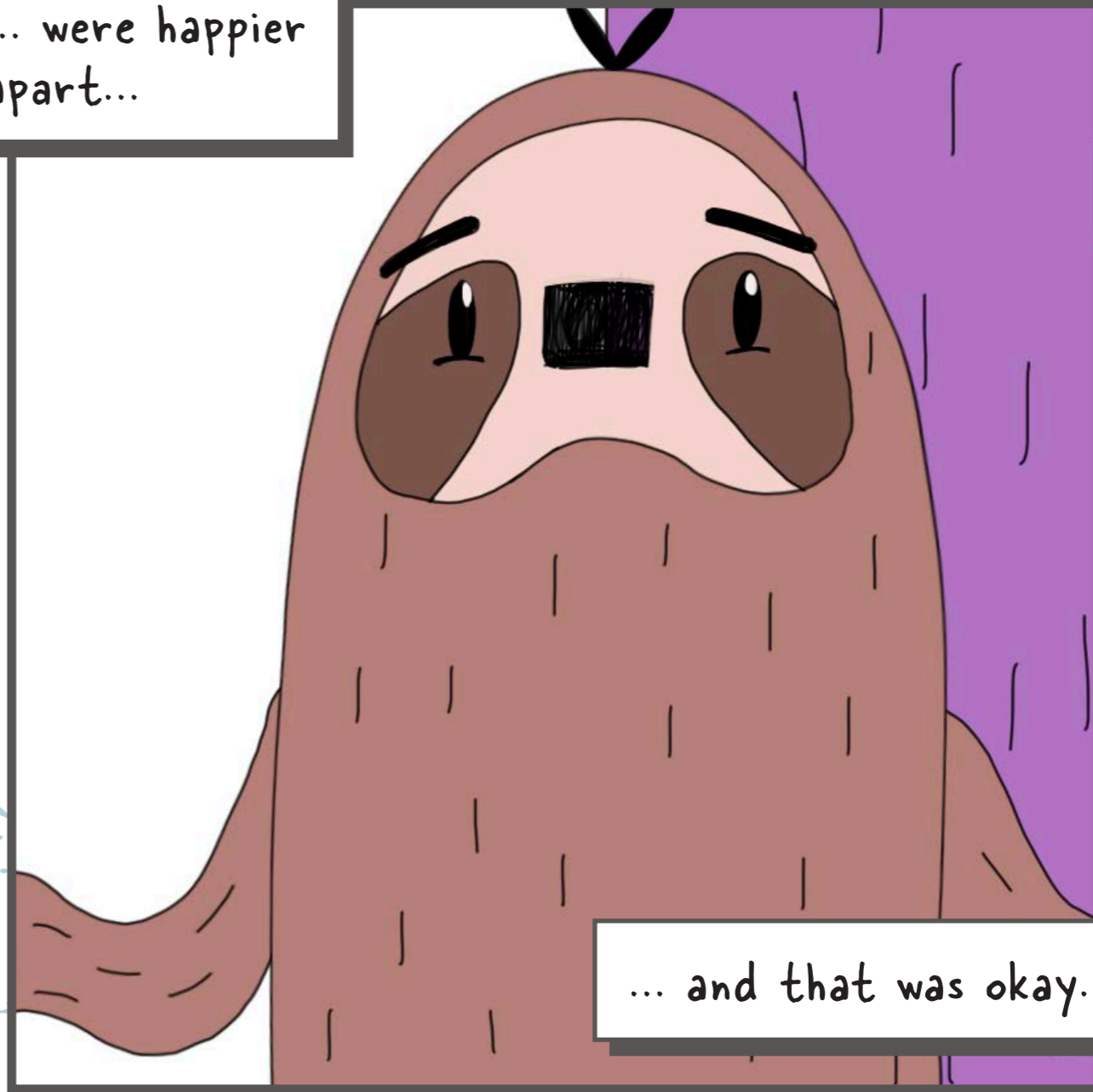


help and advice

I started to understand that mum and dad...



... were happier apart...

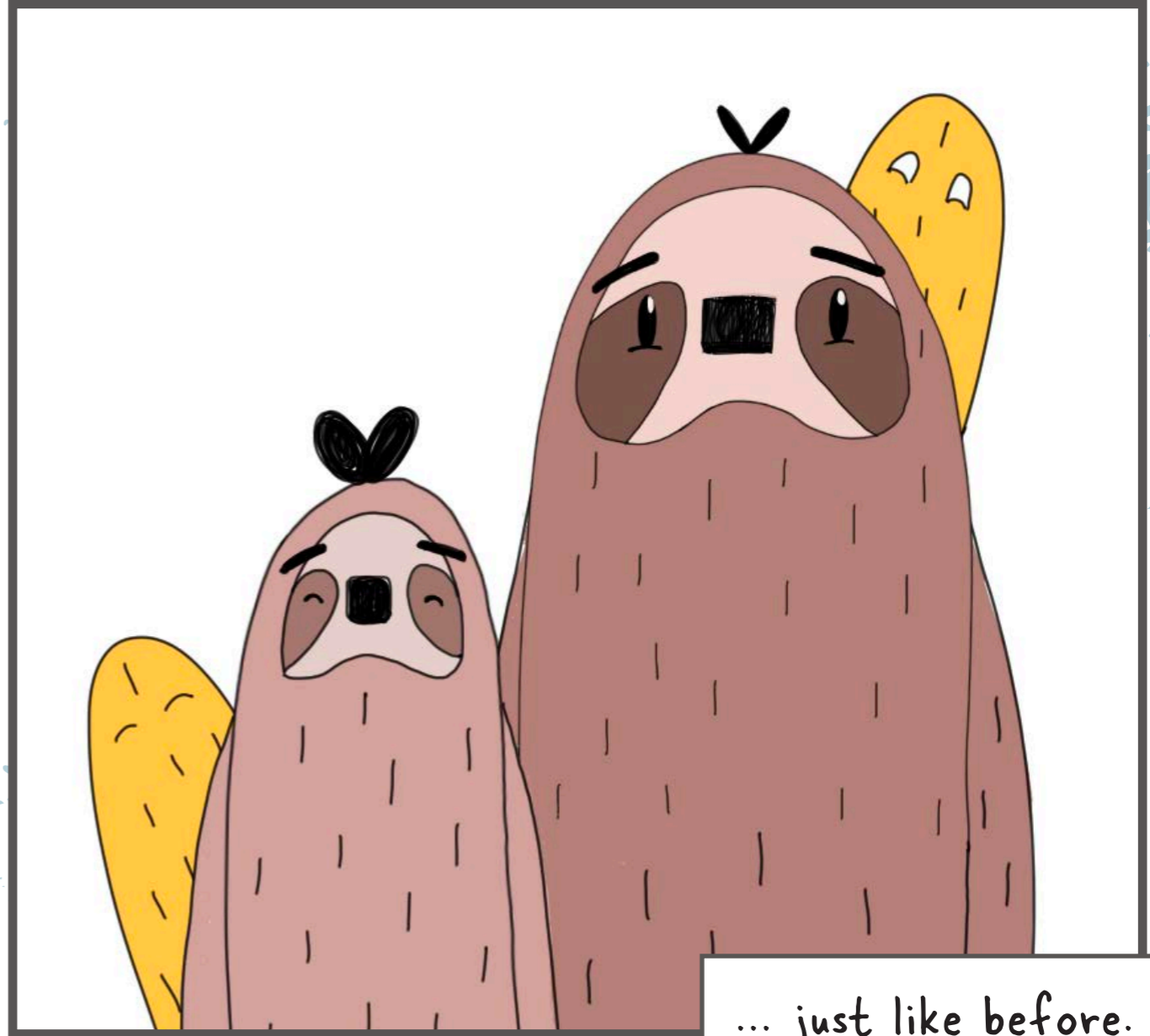


... and that was okay.

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

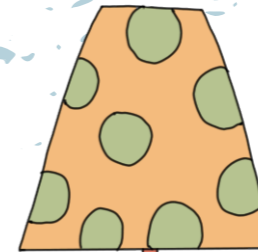
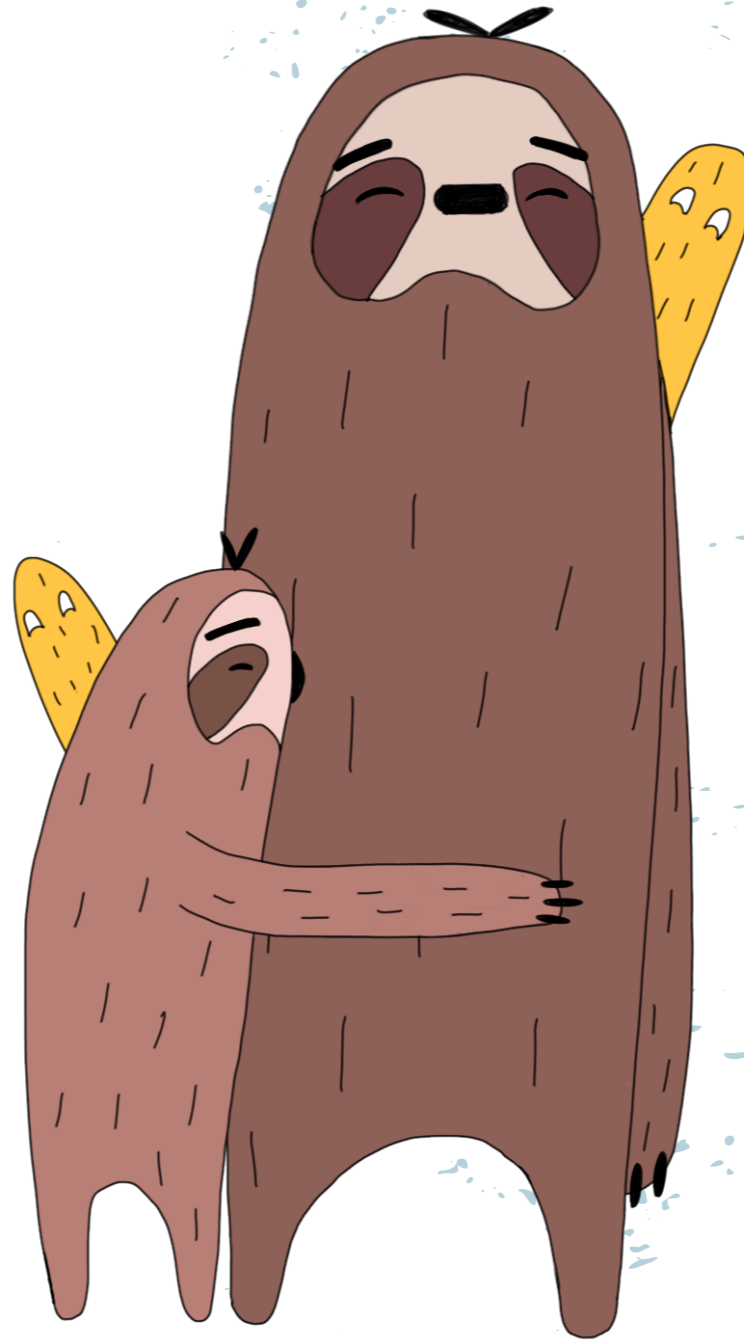
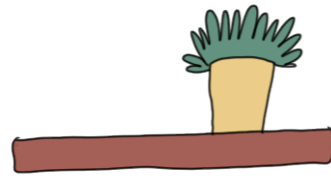


... and my mum...



... just like before.

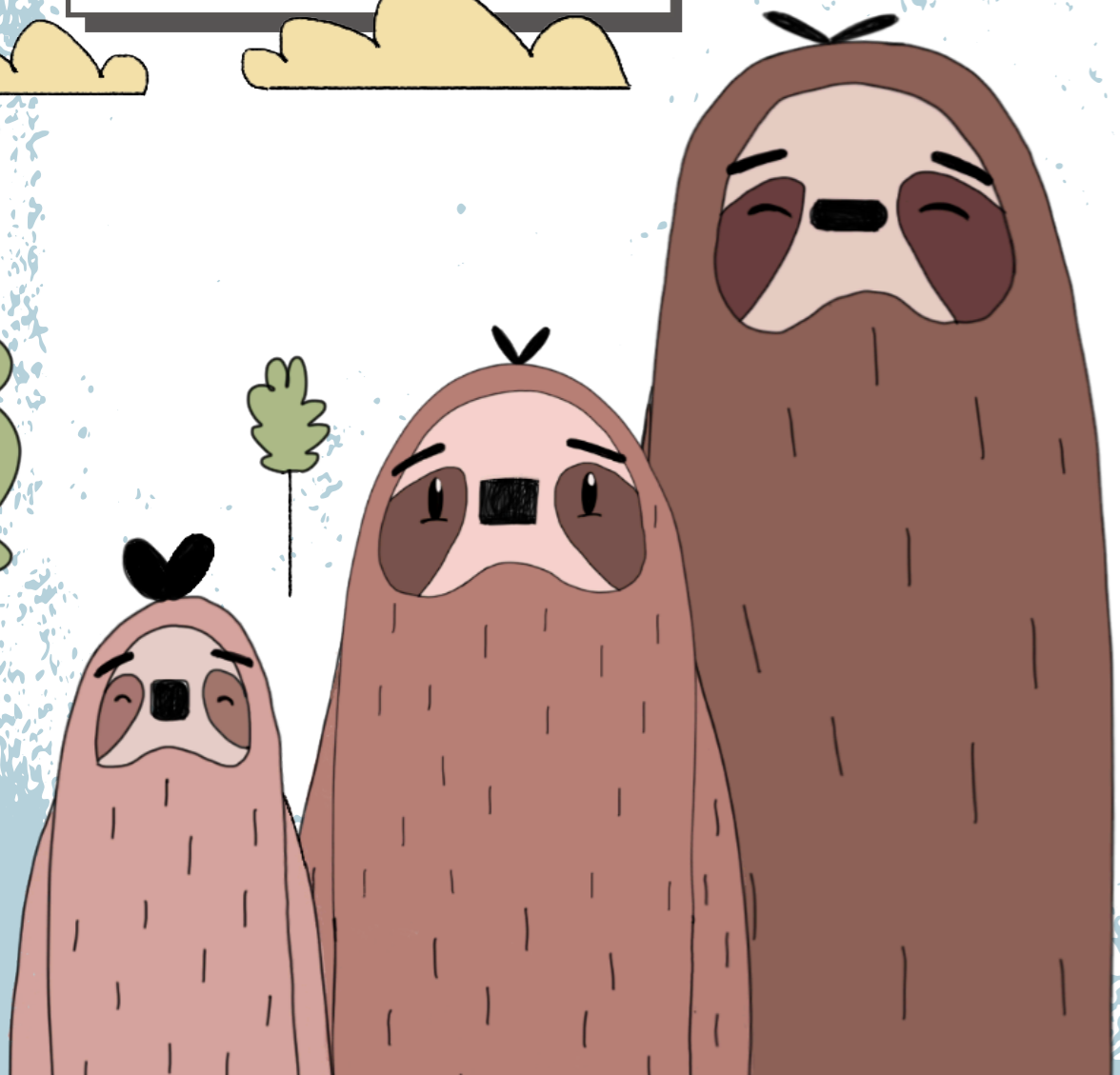
And I knew that
they both still
loved us too.



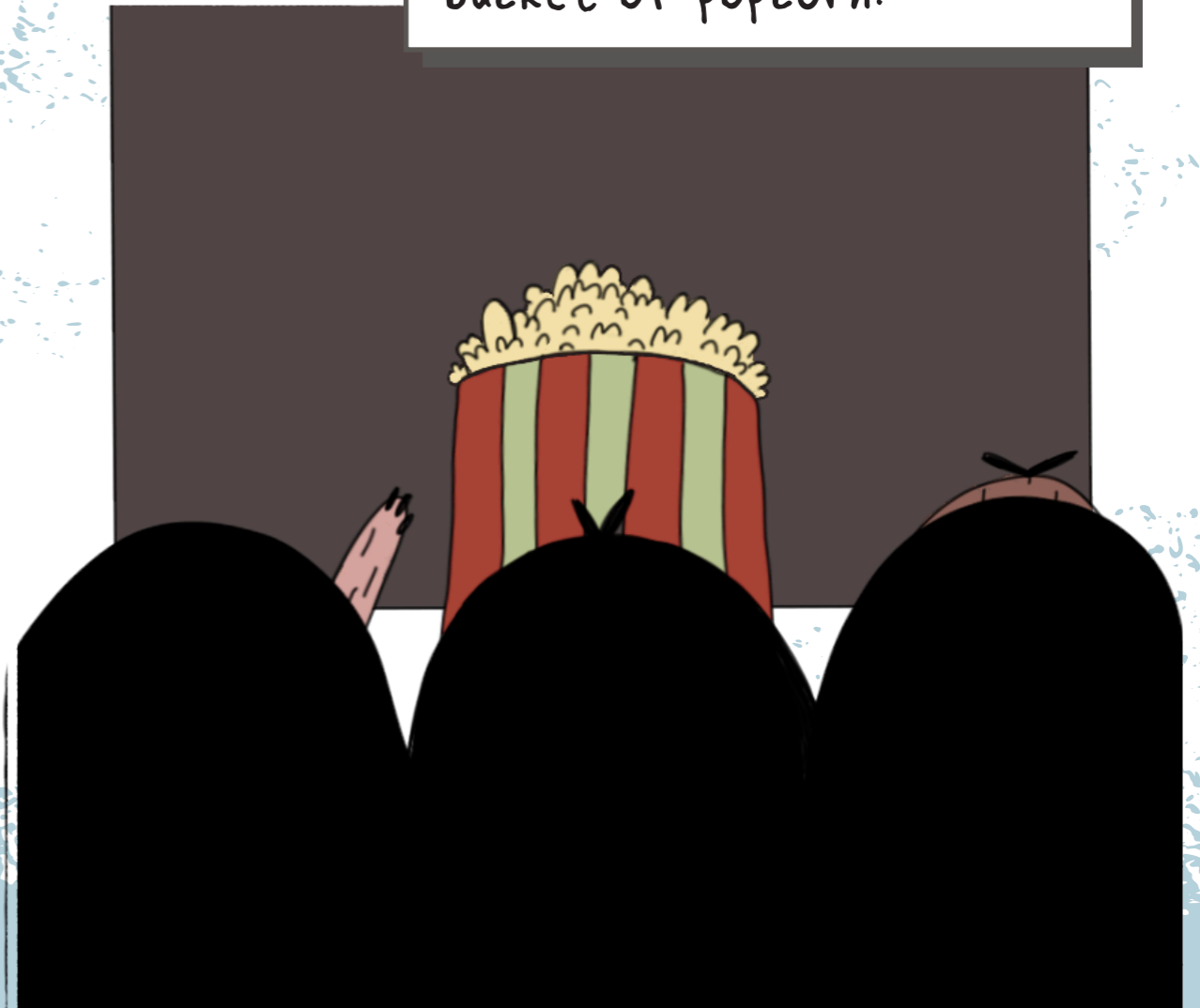
Even though
things change all
the time...

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

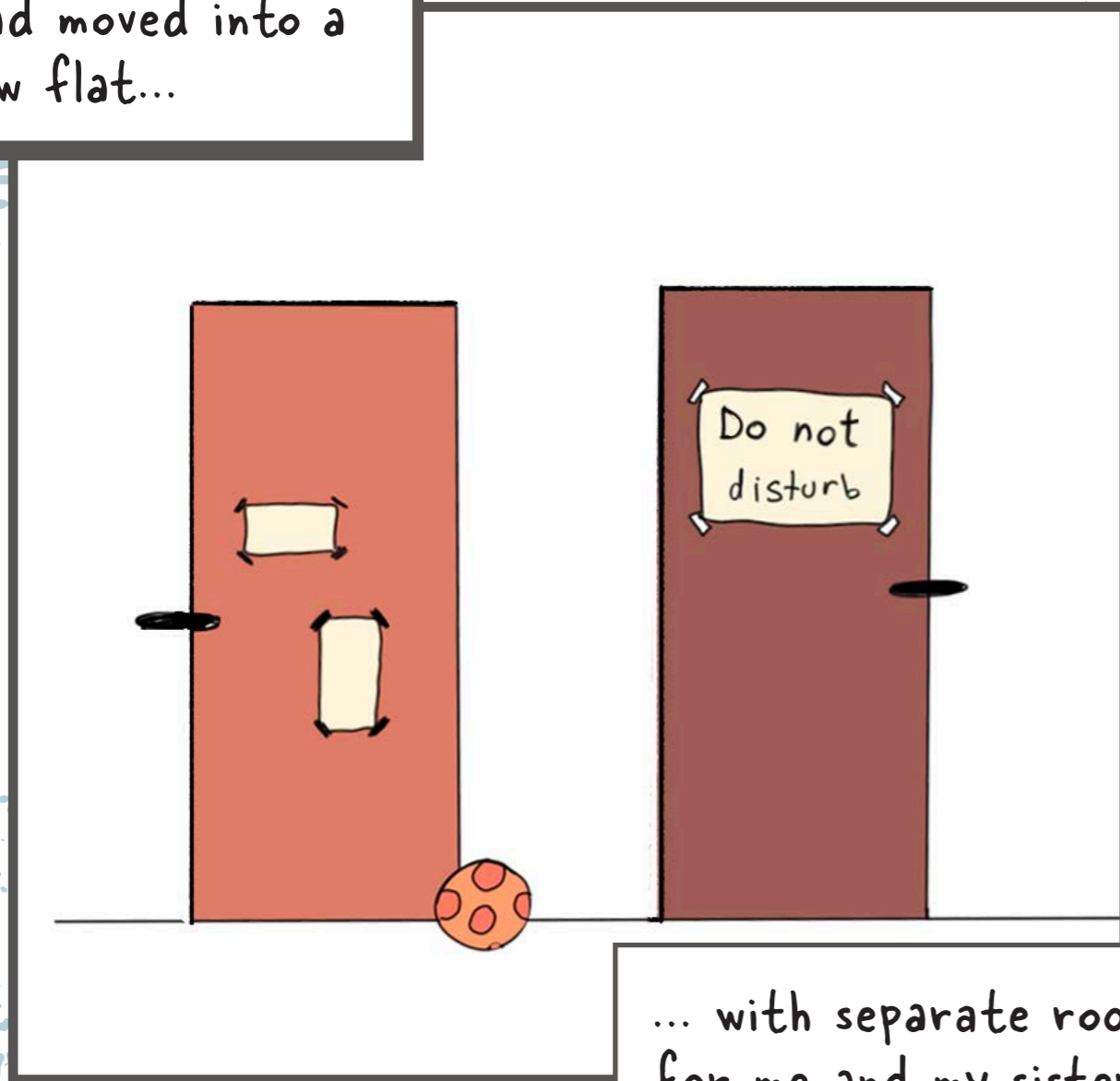
After a few weeks,
we started leaving
the centre with dad
for a while.



One day we went to the
cinema and got a huge
bucket of popcorn.

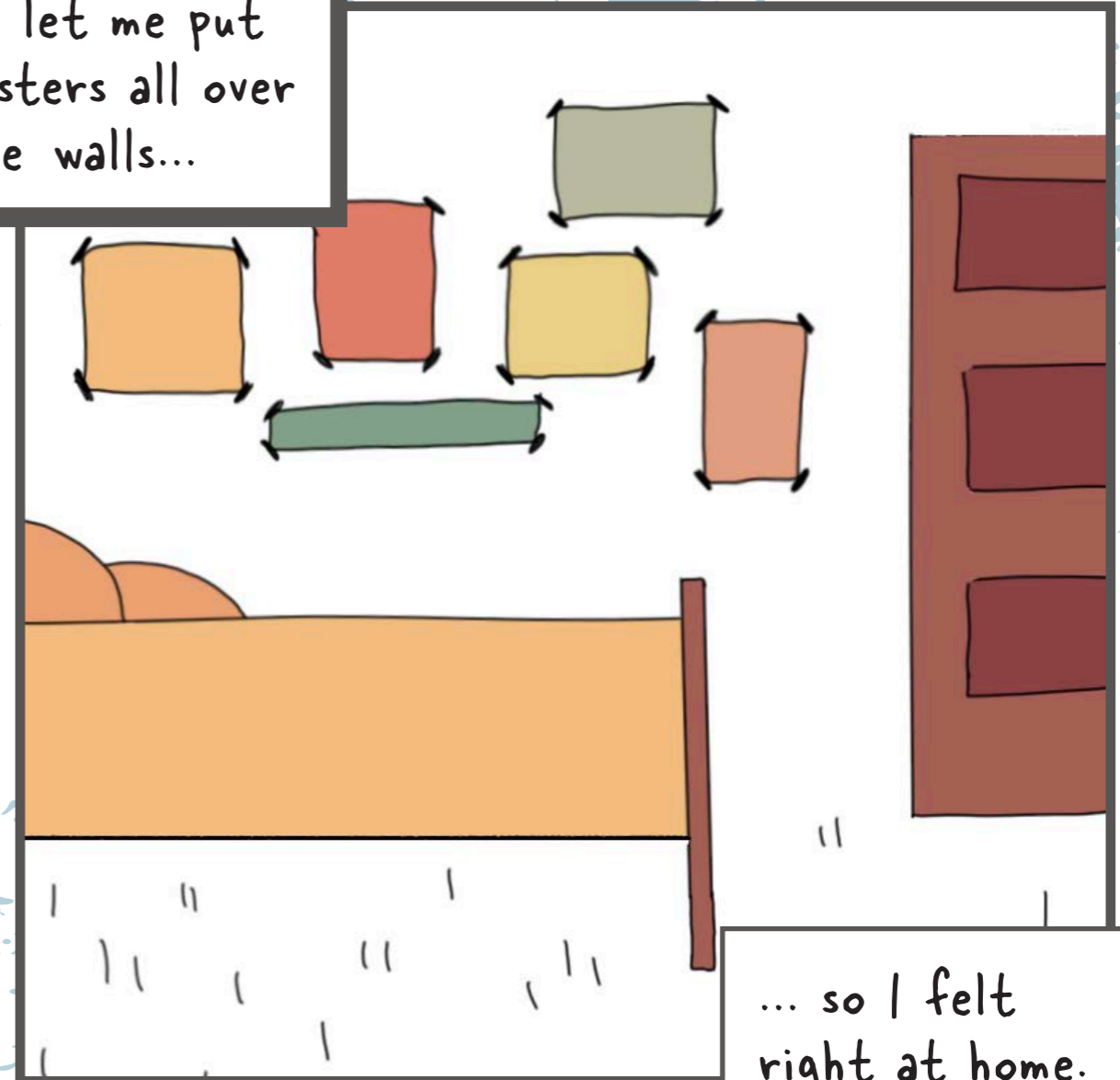


Dad moved into a new flat...



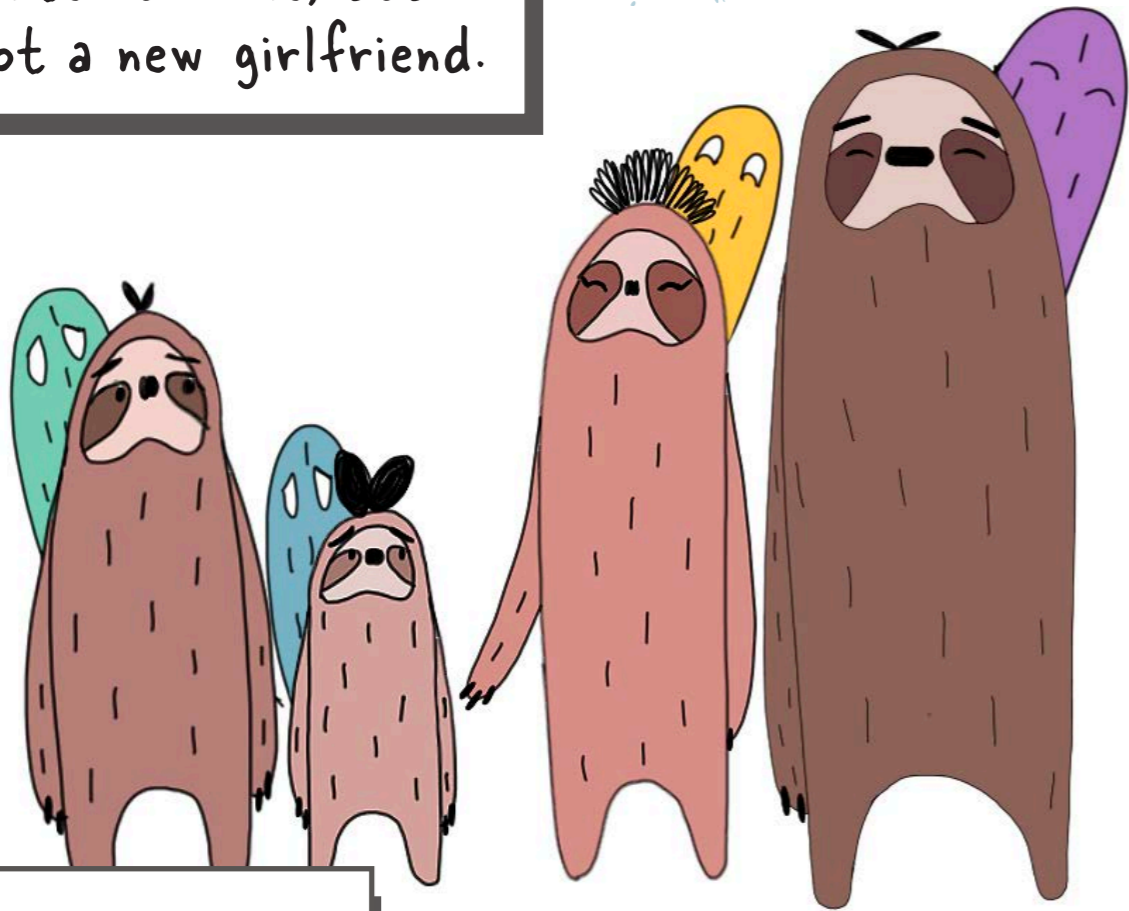
... with separate rooms for me and my sister.

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



... so I felt right at home.

After a while, dad
got a new girlfriend.



I wasn't sure
at first...



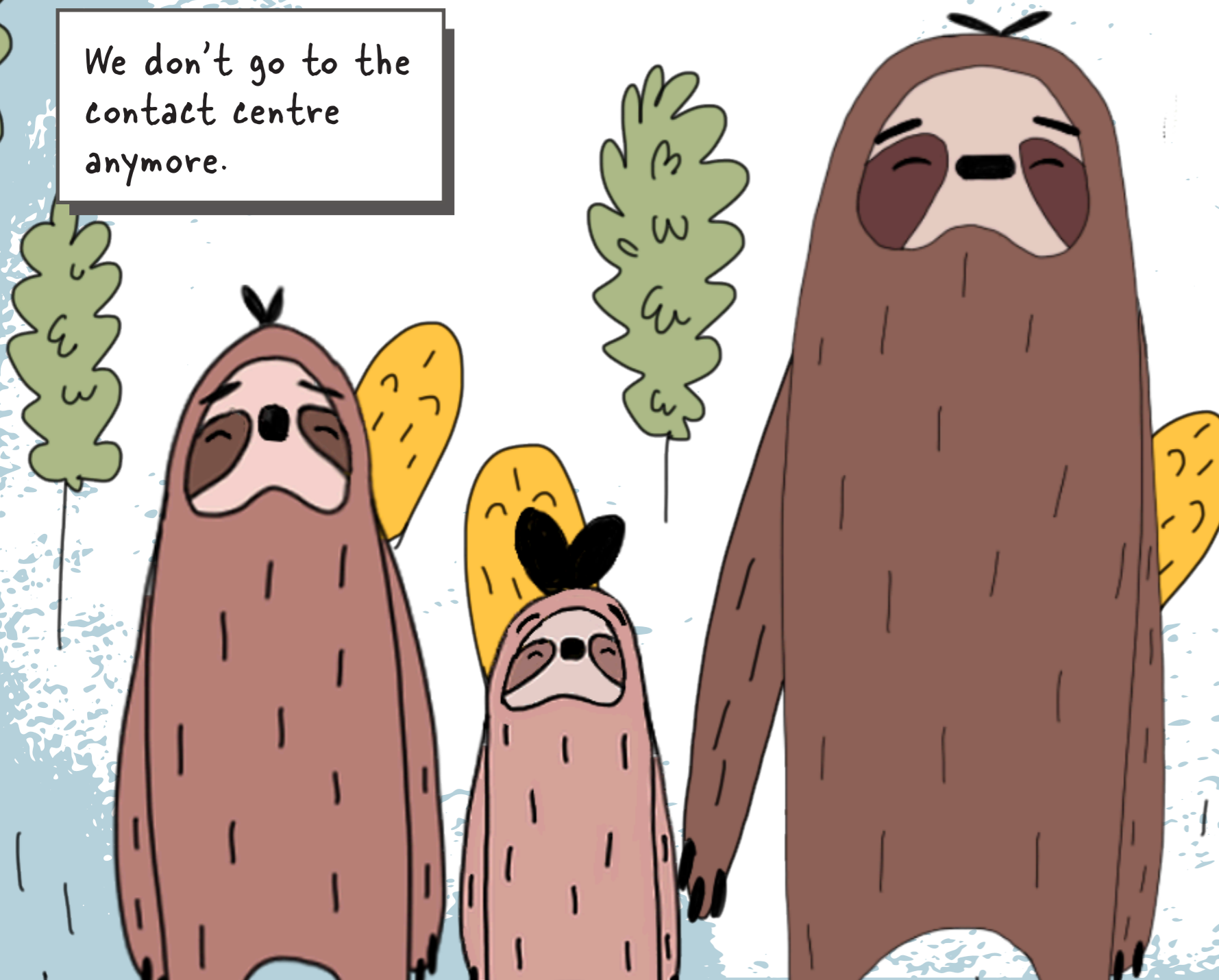
But she plays
guitar, so that's
pretty cool.

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



... and live with mum 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 Robin! How's it going?
How did it go with your dad at
the contact centre?

Hey Alex! It went really well! I
see dad every weekend now,
it's really cool.



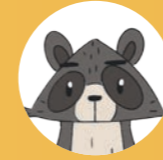
That's great!

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



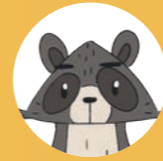
Me too. Who do you talk to?

Depends how I'm feeling.
Maybe the people at Childline
or a teacher.



How's it going with your dad's
new GF?

It was weird at first. I was
worried she might try to
replace my mum.



Yeah, I know exactly what you
mean.

But she'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  



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