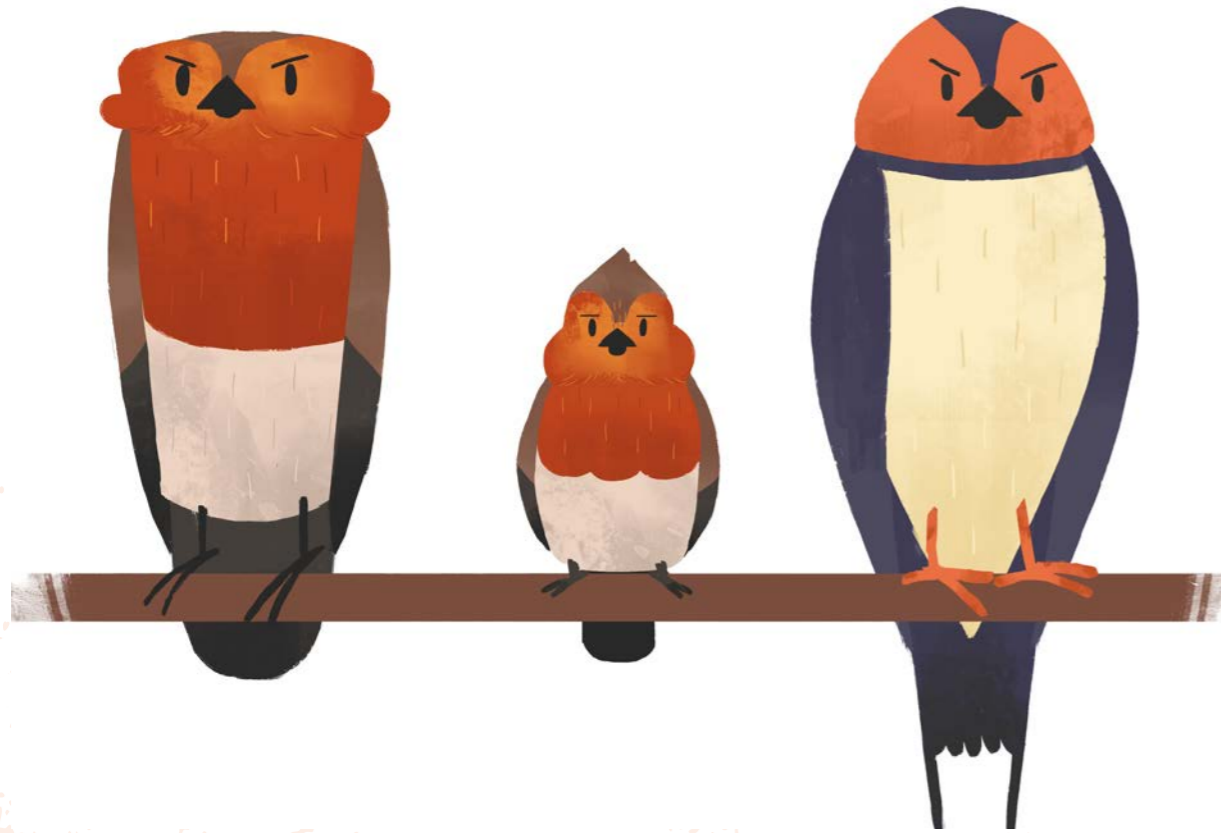


Sam

and the multi-coloured monster

When mum and dad split up...



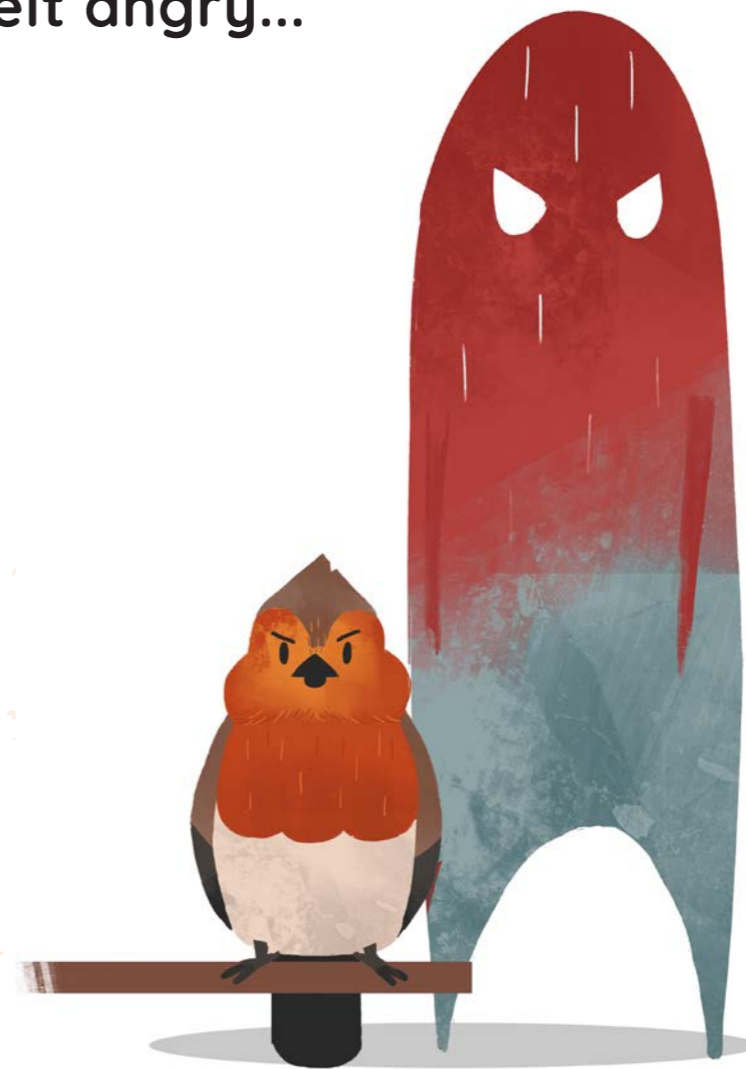
... I didn't know how to feel.

I felt scared...



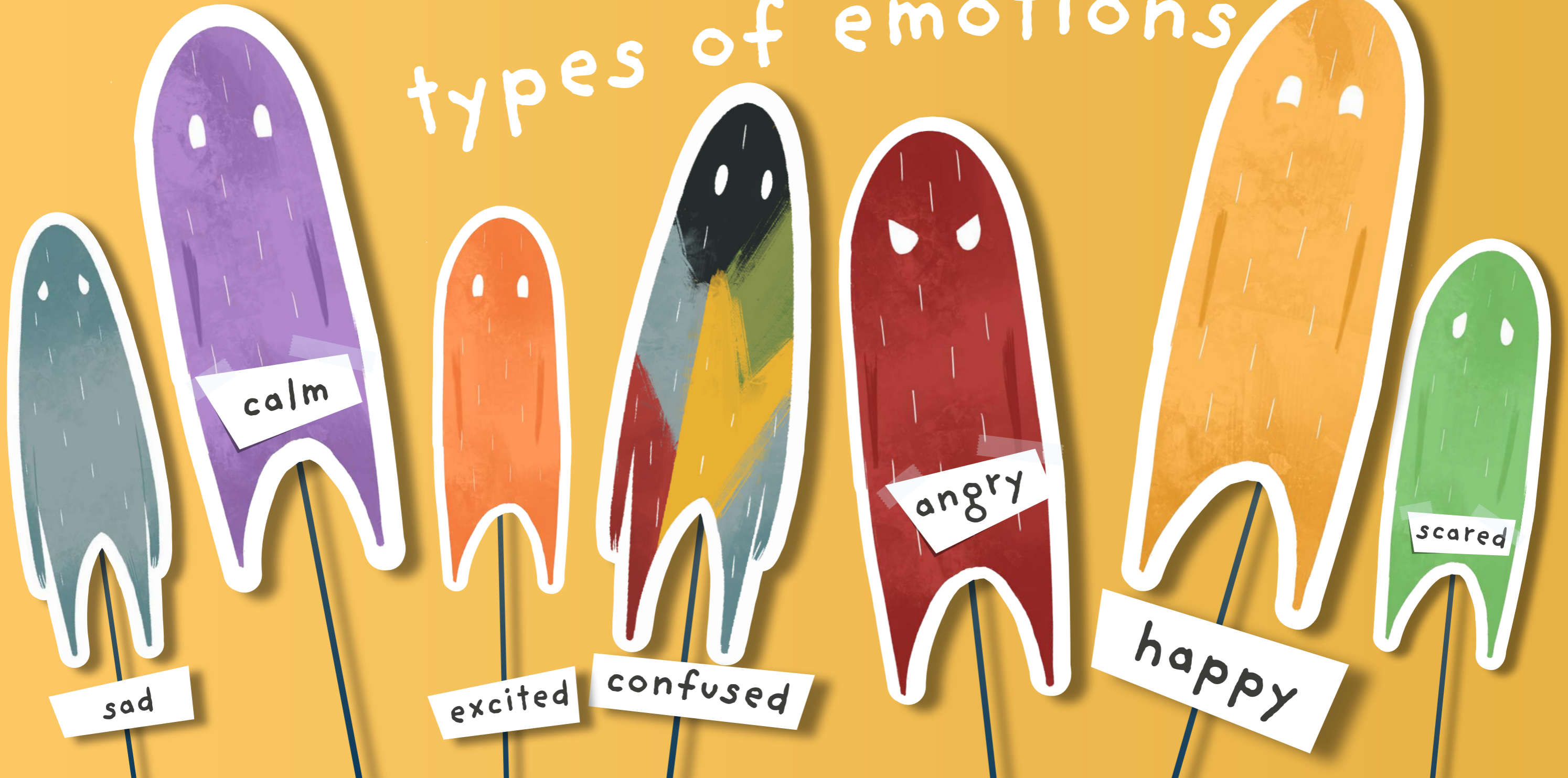
... and confused.

I felt angry...



... and sad.

types of emotions



Sometimes
mum and dad
got angry
with me...



... because I did
things I knew
were wrong.

I just wanted
things to be
normal.



But everything
was changing.

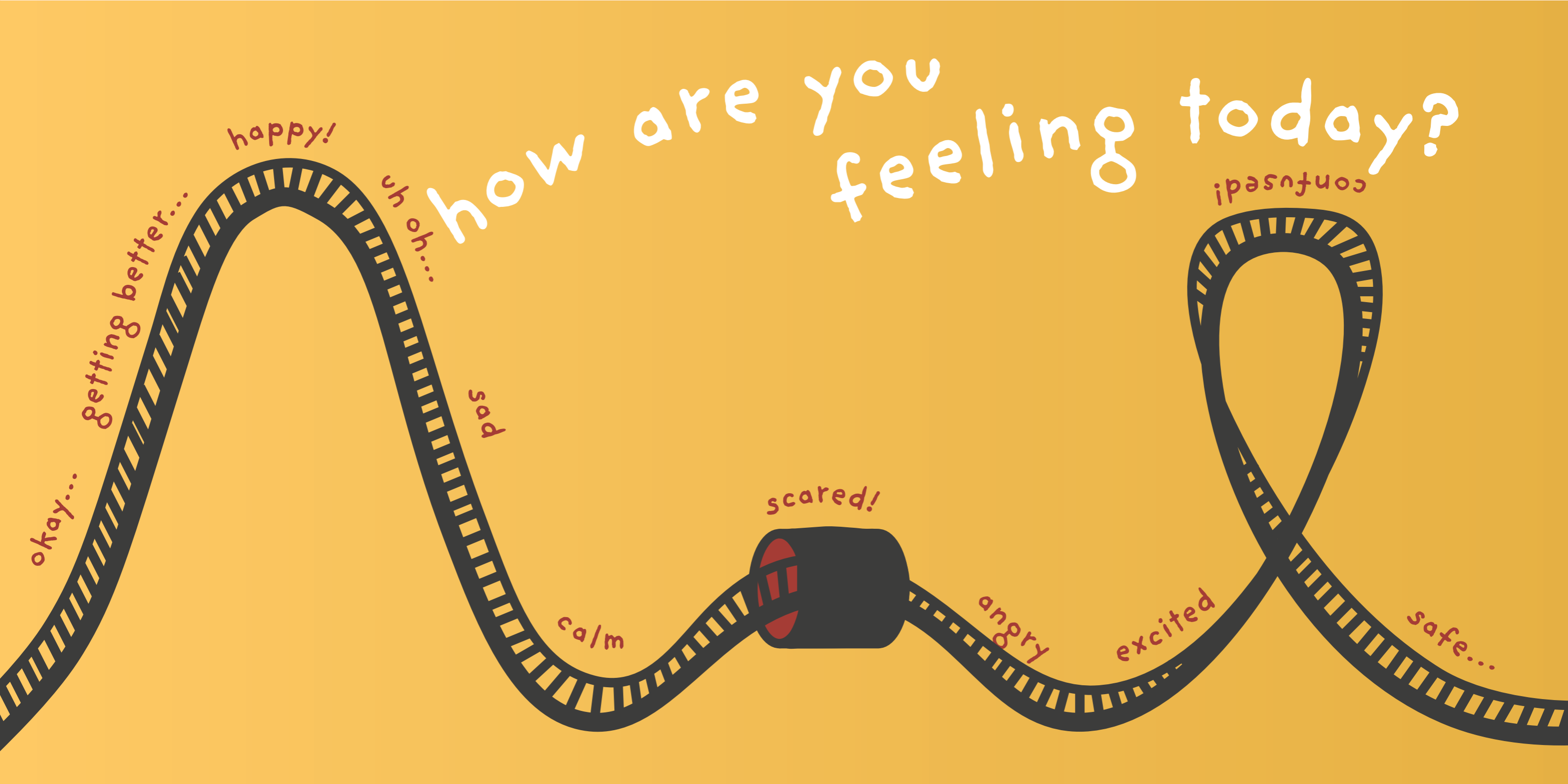
And I thought
it might all be
my fault.



I didn't realise
that mum
and dad...



... were feeling
the same
things as me.



how are you feeling today?

okay... getting better... happy!

uh oh...

sad

calm

scared!

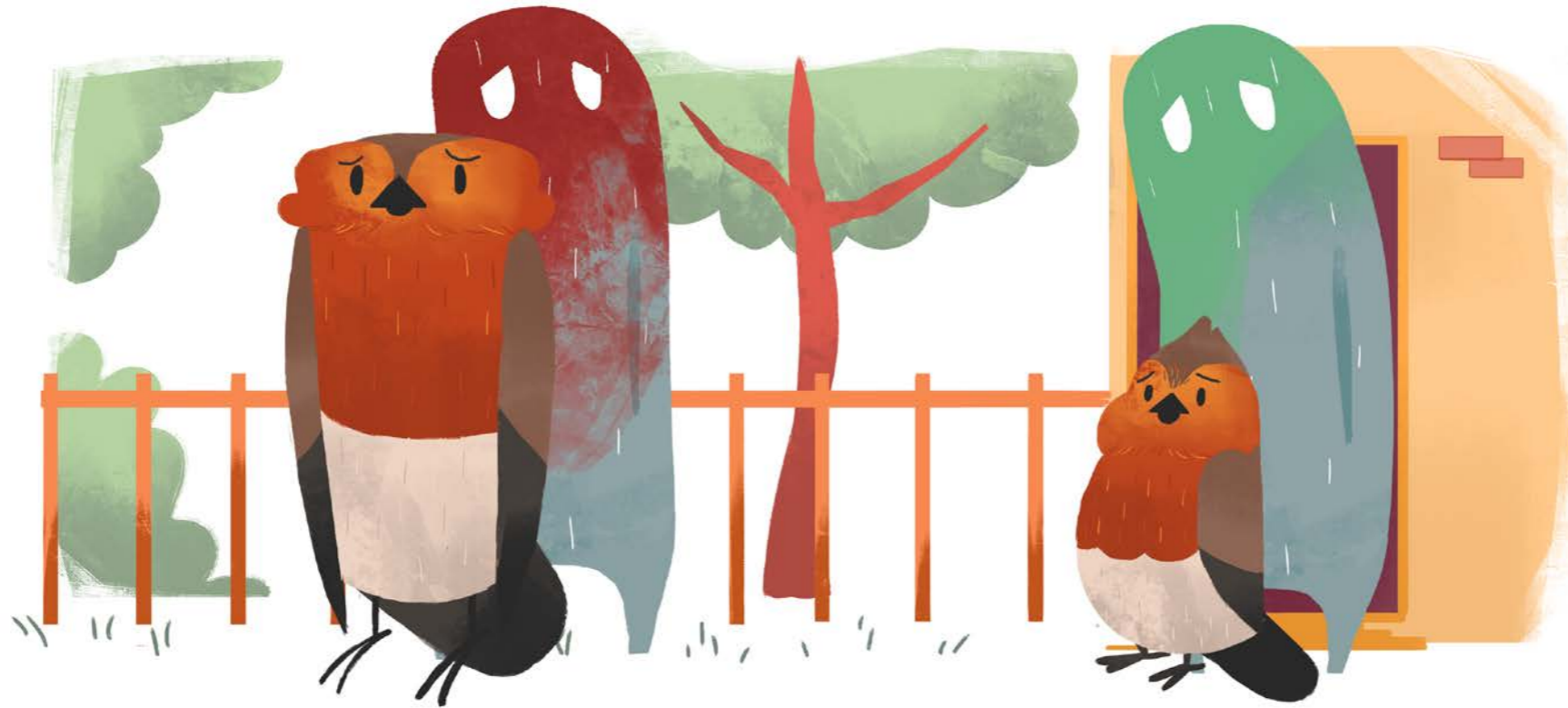
angry

excited

confused

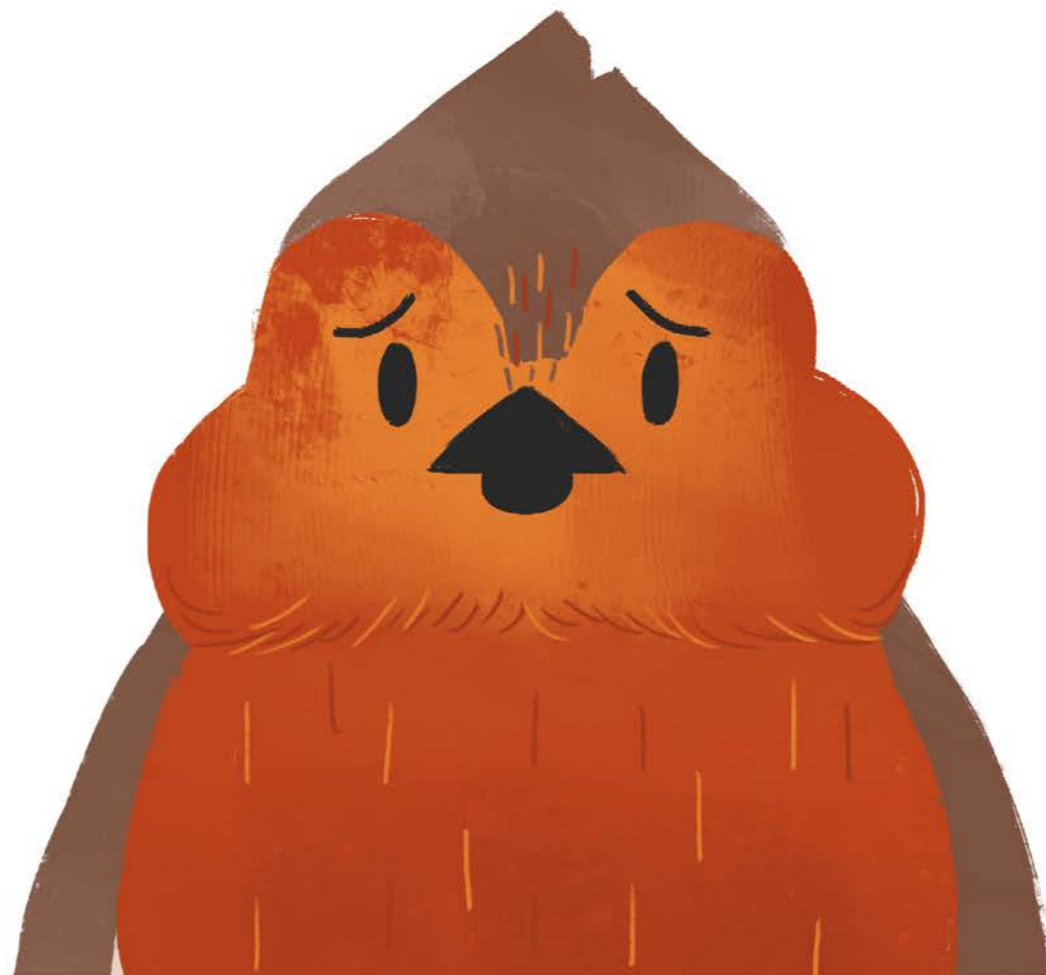
safe...

Then one day, mum left home.



And I didn't know

if I would see her again.



I was angry with
her for leaving.



But I missed her too.

That was when we
found out about the
contact centre.



It was a place
where I could see
my mum again.

At the contact
centre, we met Stan.



He works there.

Stan asked me
how I was feeling.



We talked about
some of the things
that were happening.

He said it was
okay to feel lots of
different things...



... and that none of
it was my fault.

That made me
feel a lot better.

What you might be feeling

butterflies
in tummy

headaches

warm glow

tight chest

tingles

heart racing



Stan was
in the
room...



... every time I
met my mum.

He wrote things
down while we
talked and played...



... which was
strange at first.



But it was good to know he was always there to talk to.

I saw mum at the contact centre...

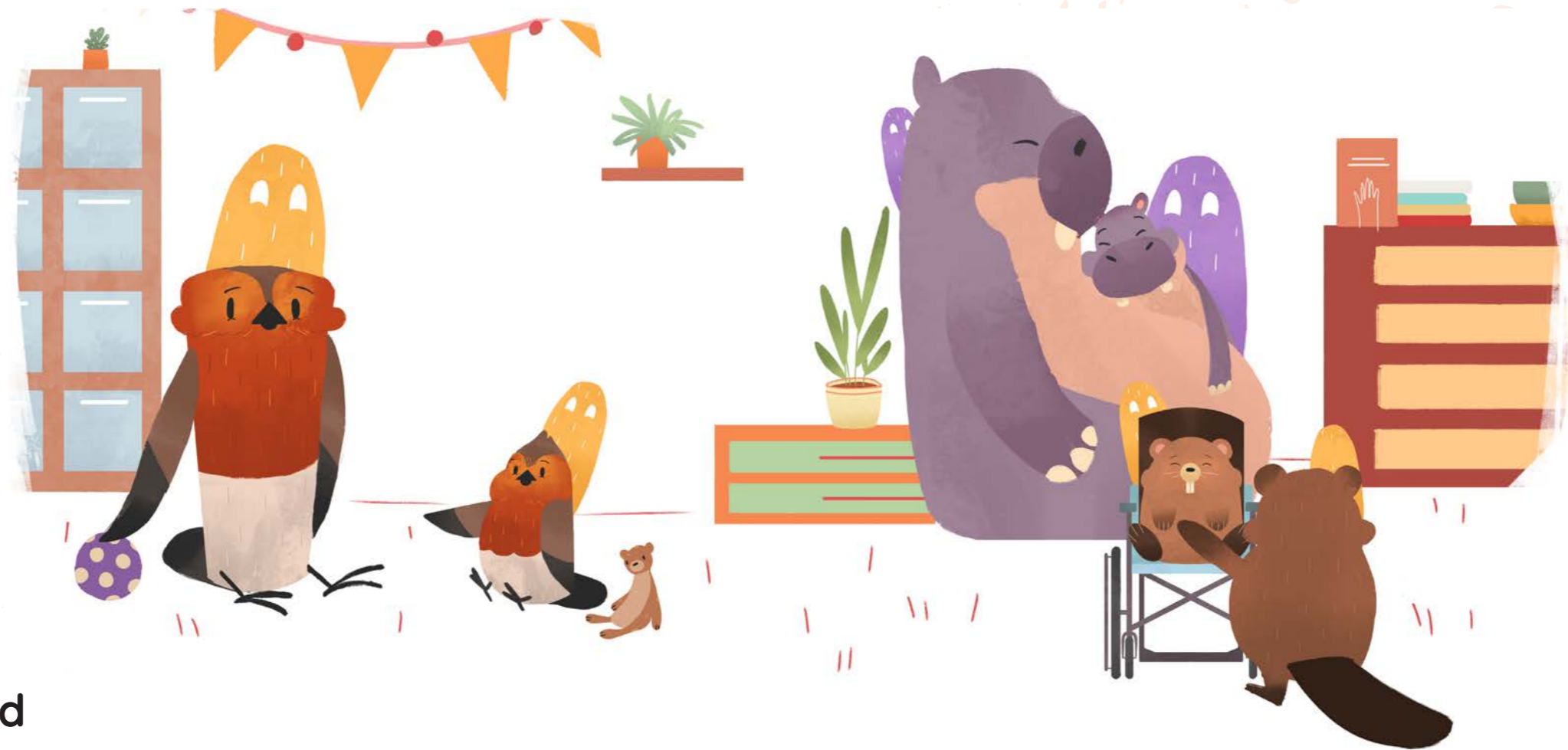


... every Sunday.

Dad let me
choose the
toys I took
with me.



After a
while...



... we moved
to a bigger
room...

... with other
families in it.

We had lots of fun there...



... 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

One day, mum
and I left the
contact centre
for a while.



We went
to the park
instead...



... just like we used to.



Then on another day, we went to mum's new flat.



And we decorated my new room together.



**We don't meet
at the contact
centre anymore.**

But I'm really
glad we did.





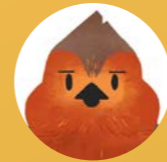
Hey Sam!
How did it go at the centre?

Hey Charlie! It went really well. Me and mum see each other every weekend now.



That's great!

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

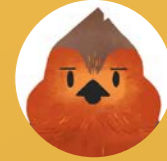


Me too. Who do you talk to?

Sometimes people at Childline, or someone at school.



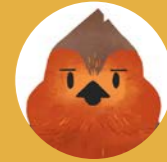
Oh, and guess what? My dad has a new girlfriend now!



That must be a bit weird!
Is she nice though?



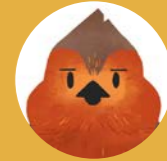
Yeah, she is actually. Yesterday we spent the whole day baking cookies.



Yum! Sounds like fun.



Yeah, it was, and they were pretty good cookies.



Save one for me!



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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