



# PARENT PAGE

## SESSION ONE

Welcome to the DivorceCare for Kids family. Each week you will receive a Parent Page. This Parent Page will do three things: (1) make you aware of the theme for the week's session, (2) give you tips to create stronger bonds in your single-parent family, and (3) enhance the parent/child relationship. We suggest you purchase or create a journal to record stories, comments, and funny things that happen in your family. For more information about DC4K, go to [www.dc4k.org](http://www.dc4k.org). Find single-parent resources at [www.dc4k.org/parentzone](http://www.dc4k.org/parentzone).

### What's happening to my family?

#### This week's goal:

To help the children develop a feeling of safety about the new family structure.

#### What the experts say:

"From age six to just before puberty, the most significant reaction to divorce is one of anxiety. Children are afraid of what is happening. They don't have the skills to know how they can survive. They don't understand anything, and when parents don't keep them adequately informed, they imagine all sorts of horrible things," says Dr. Archibald D. Hart.\*

#### This week in DC4K:

We talked about the importance of feeling safe. The children were told that the DC4K leaders are Safekeepers. As the parent in your home, you too can adopt this concept. Tell your children that you are the Safekeeper in your home. It is your job to keep them safe. It is their job to help you keep things safe.

#### One family's story:

One mother reported that her son worried that someone was going to break in their house at night when everyone was asleep. This wise mother took him around

to all the doors and windows and showed him the locks. She put a steel bat in the sliding door and had him try to open it. They talked about calling 911, including when and how to use the phone number. She made sure he had the phone number of their neighbor. She reassured him that he was safe. In your journal this week, write a story about how your family keeps safe.

#### This week's Scripture focus:

Psalm 27:1: "The LORD is my light and my salvation—whom shall I fear? The LORD is the stronghold of my life—of whom shall I be afraid?" (NIV).

#### Building family strengths:

Hold a family meeting. Find a place in your home that feels comfortable, warm, and safe. Tell the children this will be your meeting place and decide how often you will meet. Discuss fears each family member has. Brainstorm ways to overcome these fears. Take notes in your journal and date them. Later, you will be able to look back and see the progress your family is making.

*Send your child with a recent picture of your family to DC4K next week. (If you don't have a recent family picture, encourage your child to draw one and bring it.)*

The best way to help your children is to help yourself. Link up with a DivorceCare divorce recovery support group, [www.divorcecare.org](http://www.divorcecare.org).

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\* Church Initiative interview with Christian clinical psychologist Dr. Archibald D. Hart.