



# No Matter What

Me & My Family

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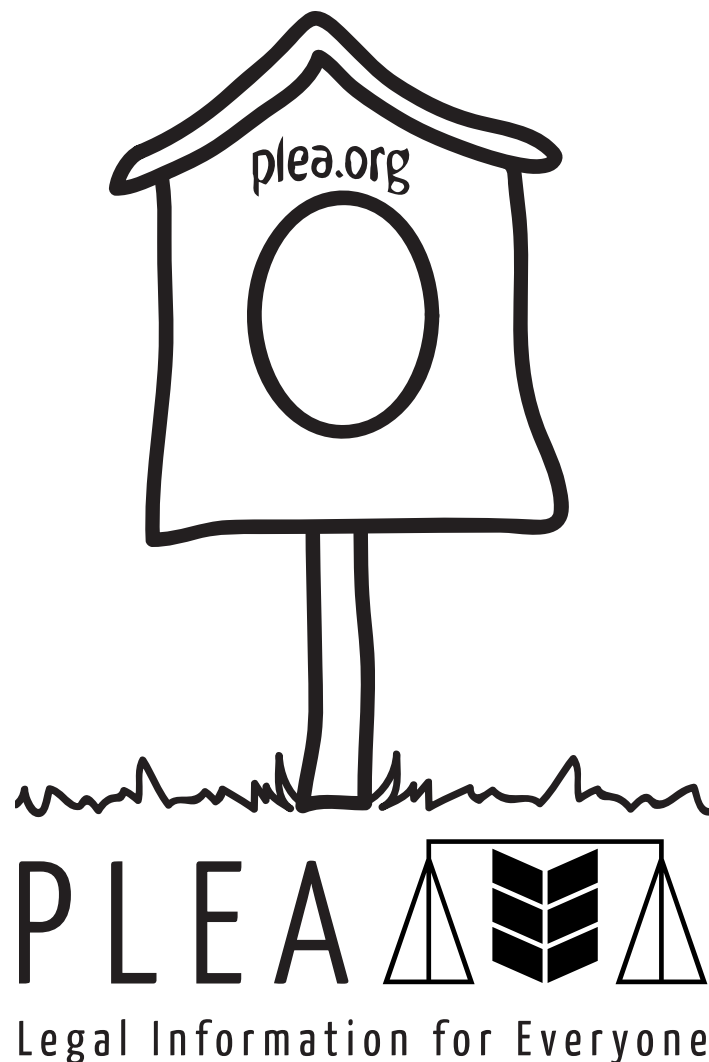
This publication was prepared, published and distributed by the Public Legal Education Association of Saskatchewan (PLEA), with financial assistance from the Department of Justice Canada. PLEA is a non-profit, non-government organization funded by the Law Foundation of Saskatchewan and the Department of Justice Canada. PLEA is supported by the Law Society of Saskatchewan, Canadian Bar Association (Saskatchewan Branch), College of Law, Saskatchewan Legal Aid Commission, Ministry of Education, Saskatoon Public Library, and public libraries and regional colleges throughout the province. PLEA also receives generous support from Saskatchewan Justice. Contents may not be commercially reproduced, but any other reproduction is encouraged.

For more information about parenting after separation and divorce, check out our *Parent Edge* publication and other titles available at [plea.org](http://plea.org).

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ISBN 978-1-926545-14-1

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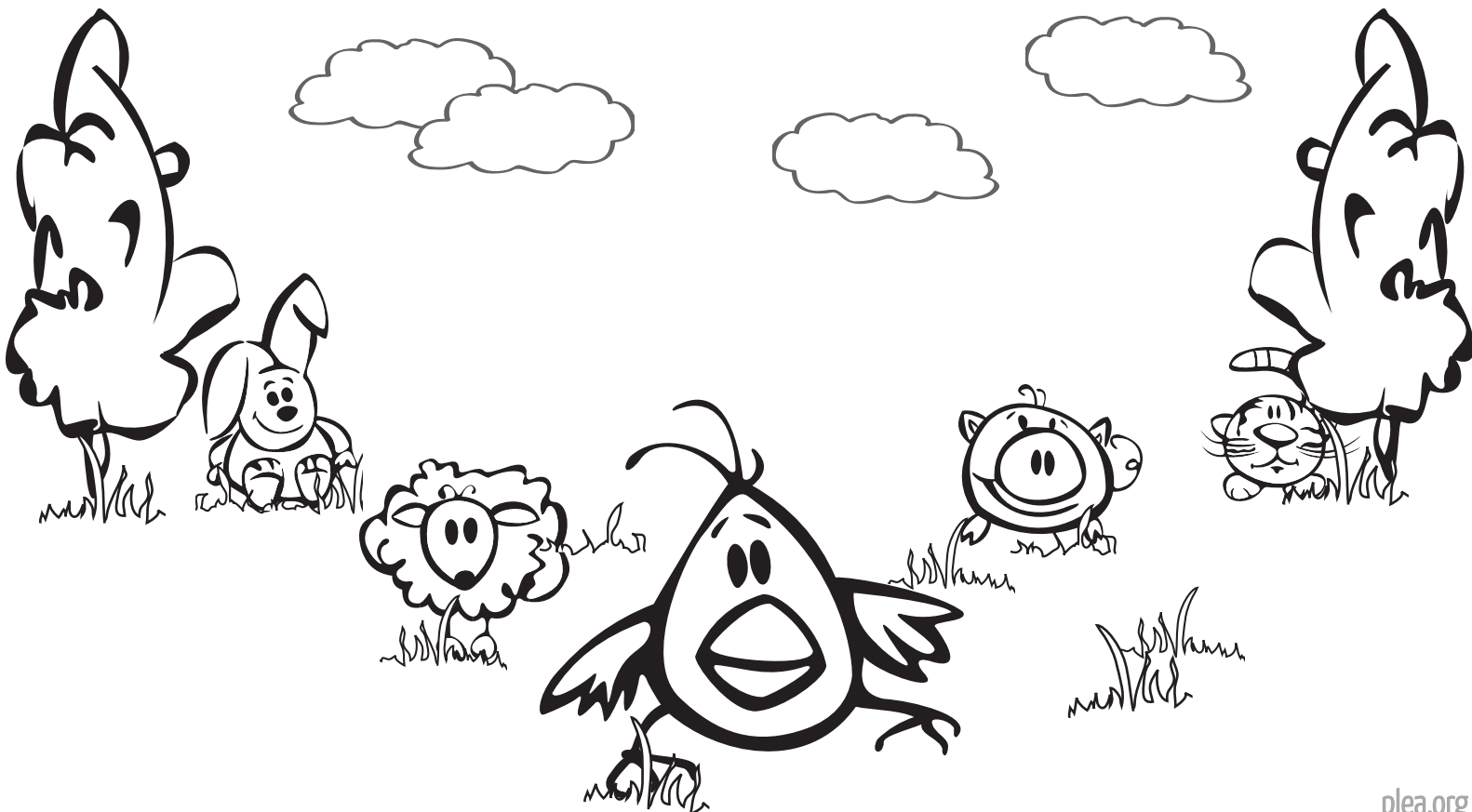
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## Forward

Dealing with separation and divorce is tough, even for the most secure and well-adjusted child. But there are things that can help a child through the separation process and provide support as they adjust to their changing family situation. Raising happy, healthy children regardless of changes to their family unit is more than just a rewarding experience for parents. It also improves the chances that those children will have a strong foundation to do the same when they become parents themselves.

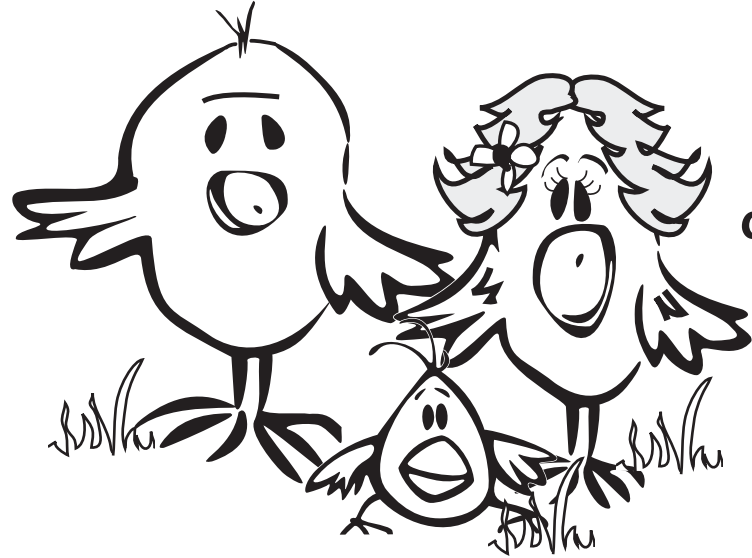
The *United Nations Convention on the Rights of the Child*, the *Divorce Act*, *The Children’s Law Act* and *The Child and Family Maintenance Act* all express ideas recognizing the rights of children. When parents separate or divorce and start dealing with the changes that come with raising a child while living apart, a phrase that will come up again and again is “the best interests of the child.” Focusing on the best interests of the child can help ensure these rights are respected.

Before kids colour these pages, read over the ideas expressed throughout this book and discuss them out loud. Putting the concepts into different words may help younger children to understand them. Together, try to think of examples that emphasize a commitment to these principles and how they apply to different families. This time can also provide an excellent opportunity to hear a child’s point of view and thoughts they have about how the ideas expressed relate to their own family units. Use these ideas to assure children that, no matter what, committed parents will always be there to nurture, protect and provide for them.

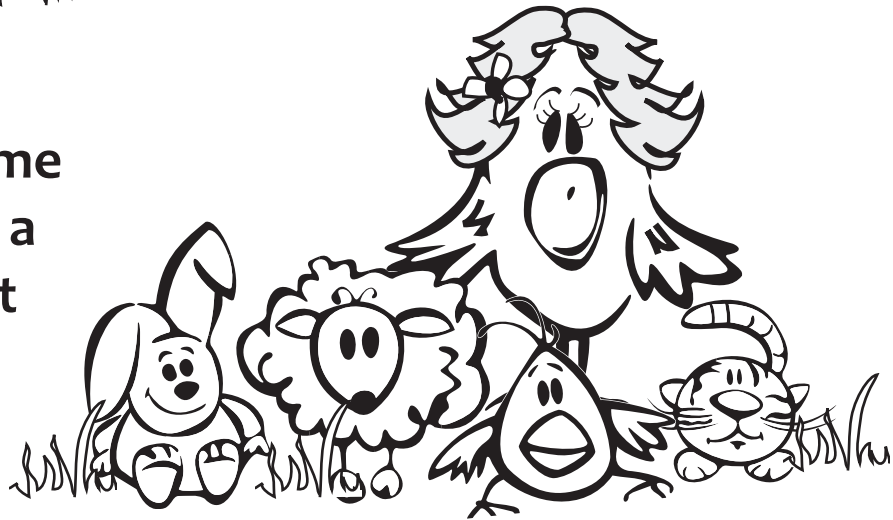


# Families

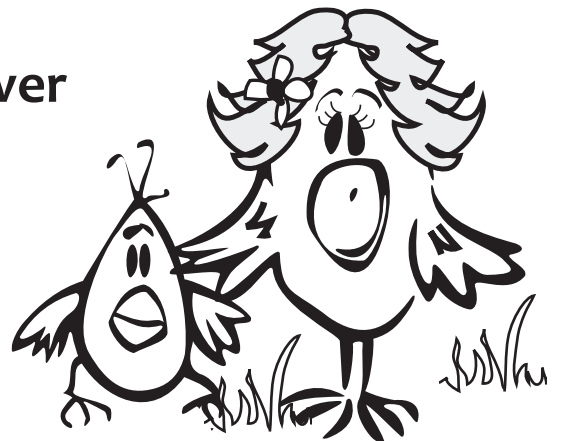
Families  
are all  
different.



Over time, some  
things about a  
family might  
change.



But some  
things will never  
change.

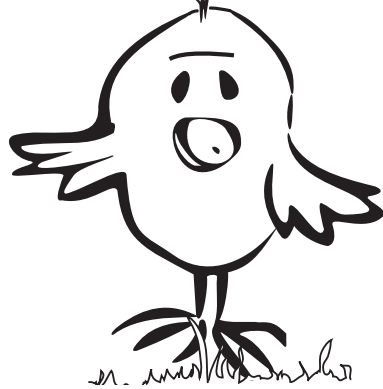


# Rights



Although different kids may have different families, all kids have certain rights that are the same. No matter what.

# Belonging



All kids are an important part of their family, with their very own thoughts and feelings.

# Love & Protect

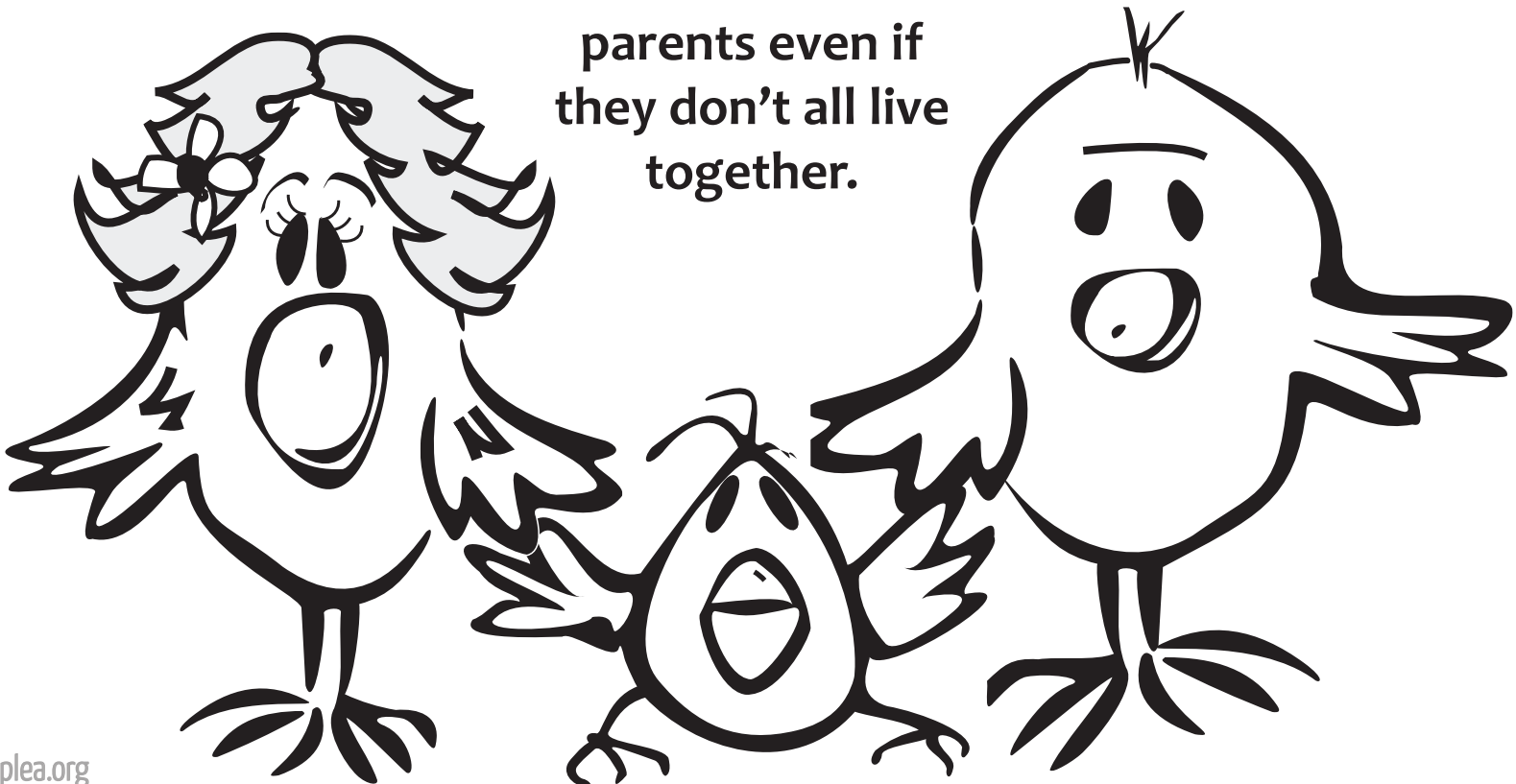


Even when a family is changing, there are lots of different ways to take care of a child's needs.

# Parents

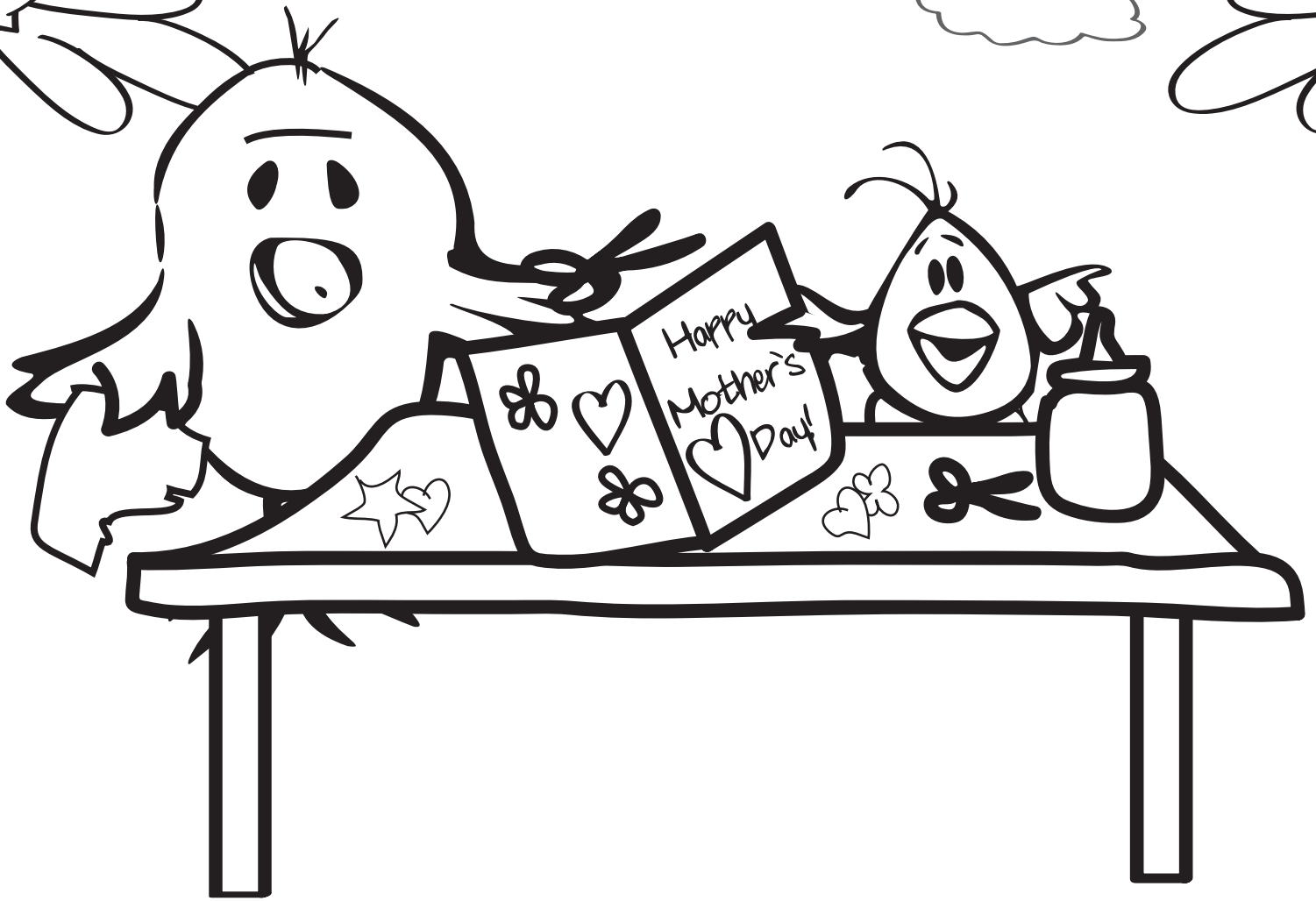


**It's okay for kids to love both of their parents even if they don't all live together.**





# Working Together



Sometimes parents disagree with one another, but kids never need to choose sides. They don't need to be caught in the middle of their parents' problems.

# Understanding

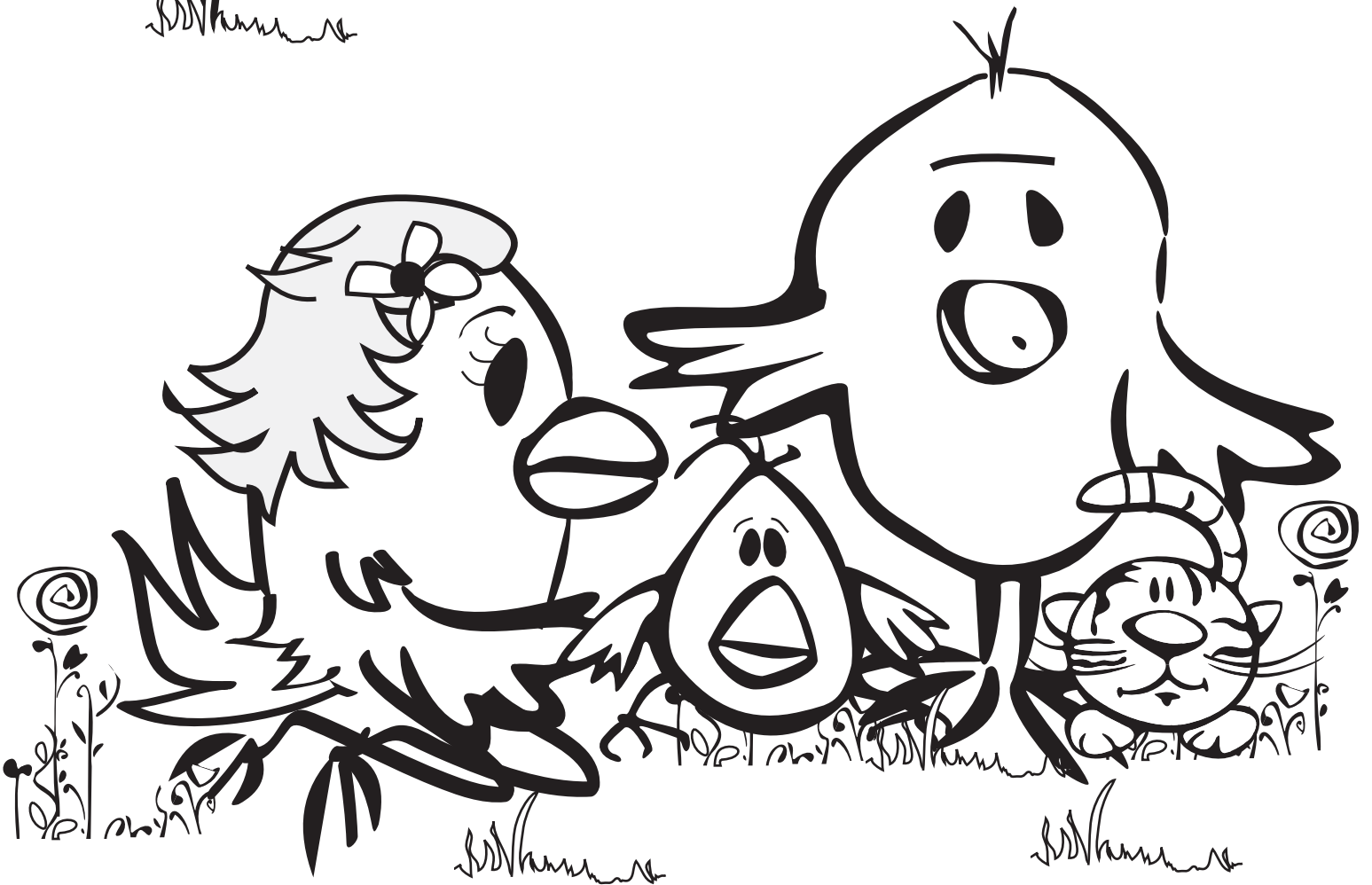


I won first prize!  
Thanks for your help!  
You are the best!!!



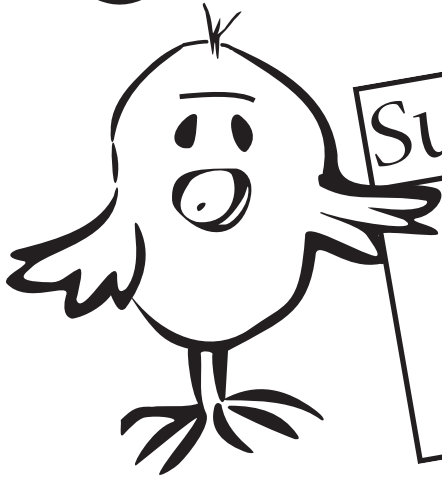
Kids can say something nice about one parent without the other parent saying something bad. It's okay to recognize good things about both parents.




# Talking





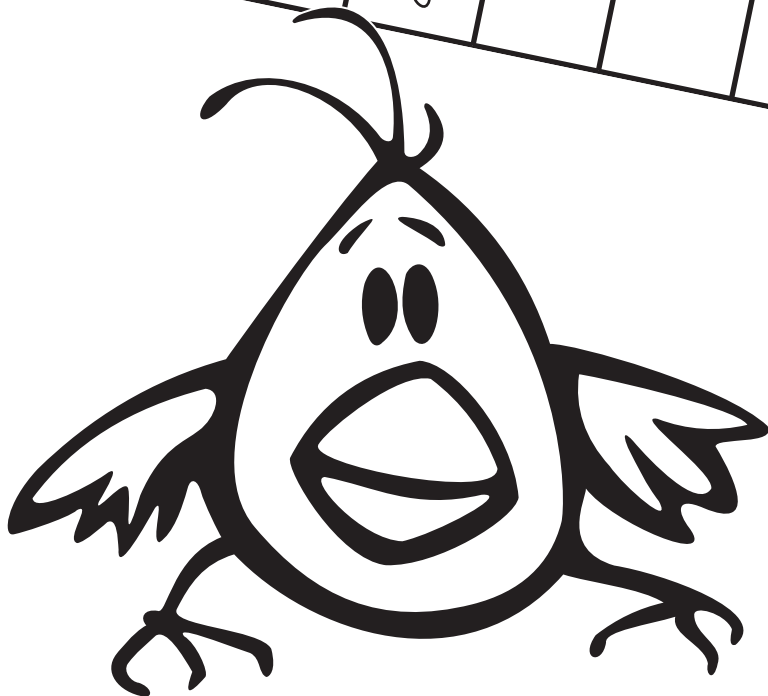
Parents can help kids understand changes that happen to a family without blaming one another.

# Cooperation



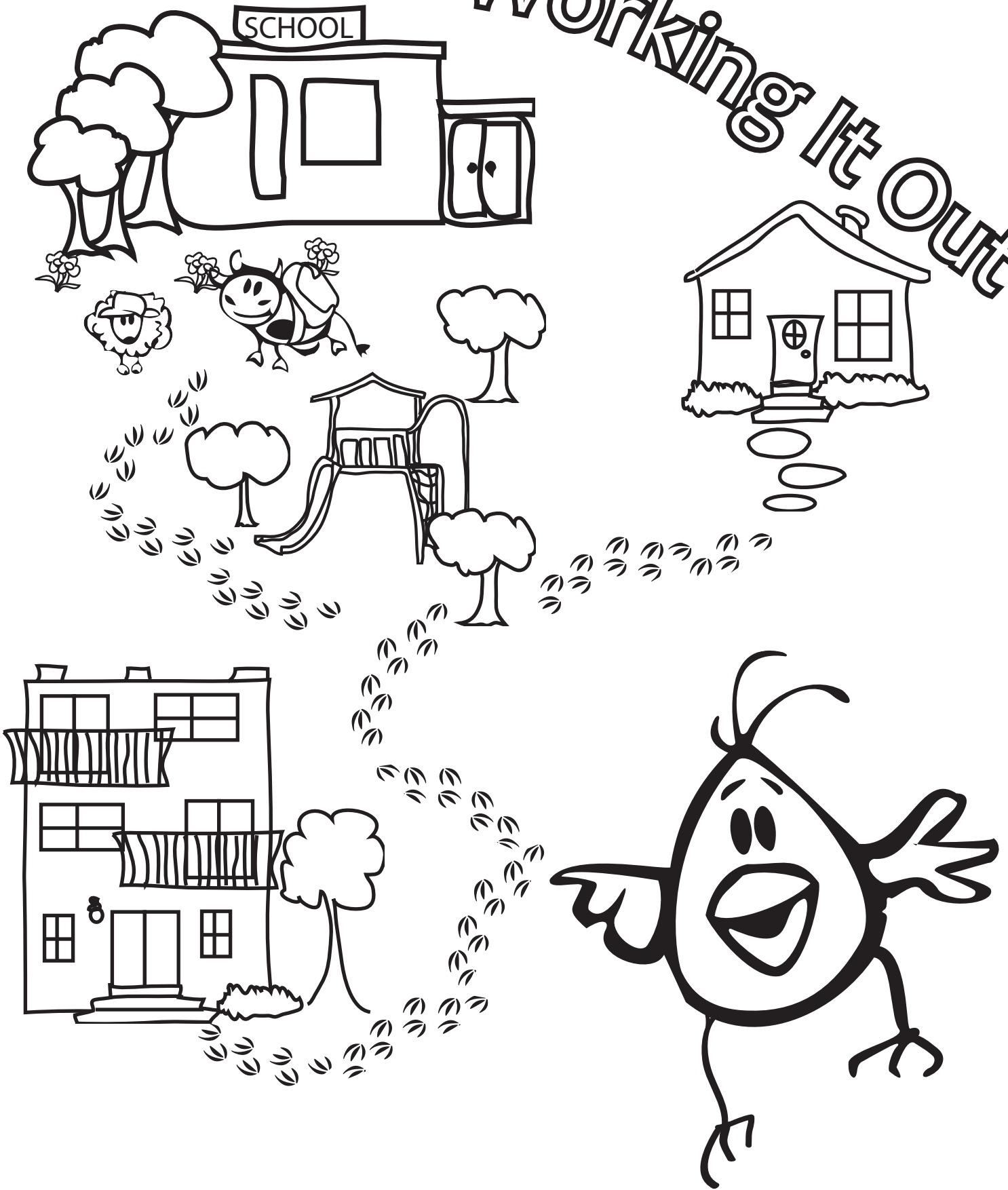
| Su | M   | T | W            | Th                        | F  | S   |
|----|---|---|--------------|---------------------------|--|---|
|    | Plan Summer Holidays<br> |   | Science Fair | Pick up kids after school | Pizza & a Movie<br> | B's Party®<br>3 p.m.<br> |

| Su                     | M   | T | W            | Th                       | F                 | S  |
|------------------------|---|---|--------------|--------------------------|-------------------|--|
| Pick up kids at 7 p.m. | Call Dentist for B<br> |   | Science Fair | Kids to D's after school | Meeting at 8 p.m. | B's Party at 3 p.m.<br> |



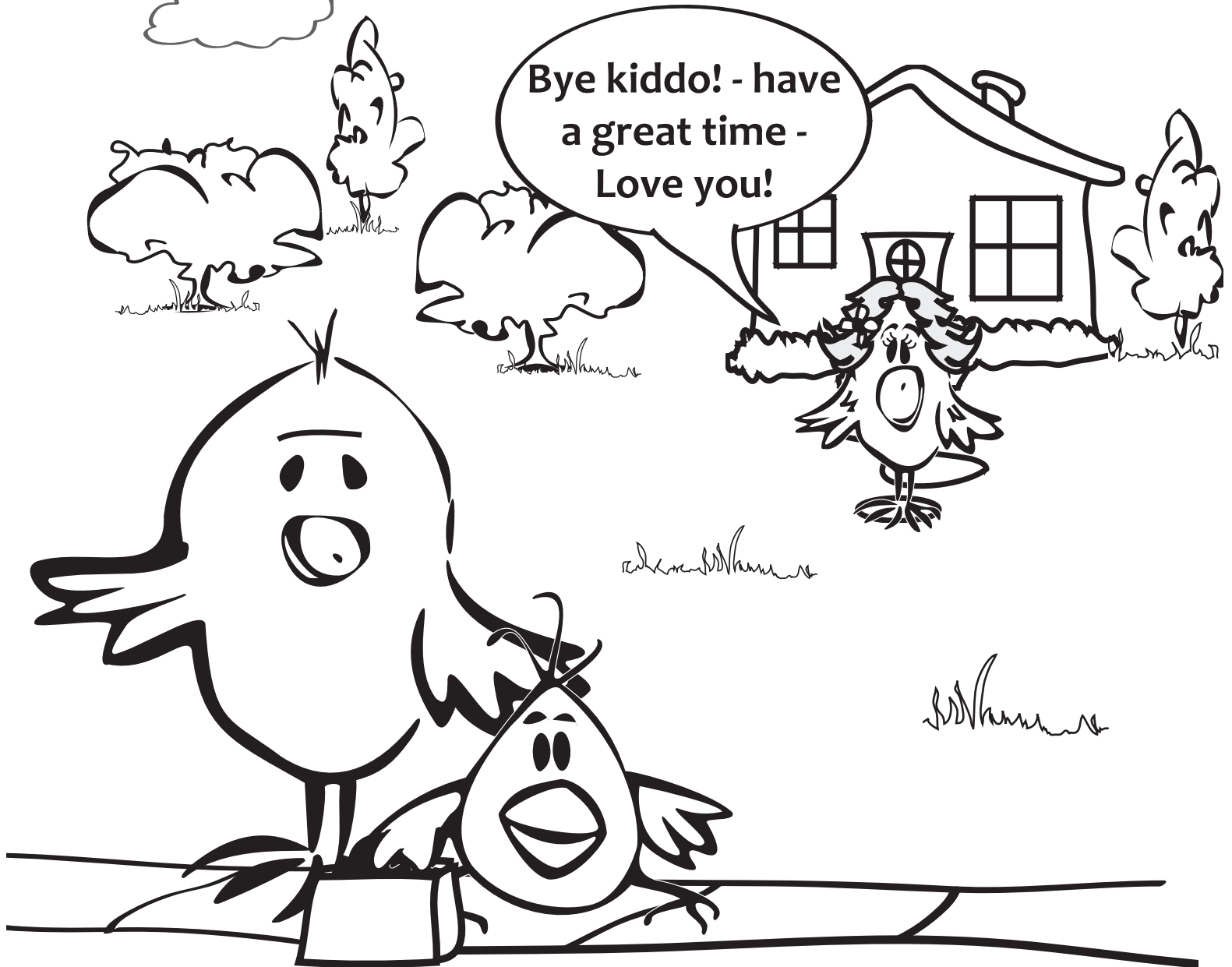
Parents need to remember what is best for their kids and not argue or fight over them.

# Working It Out



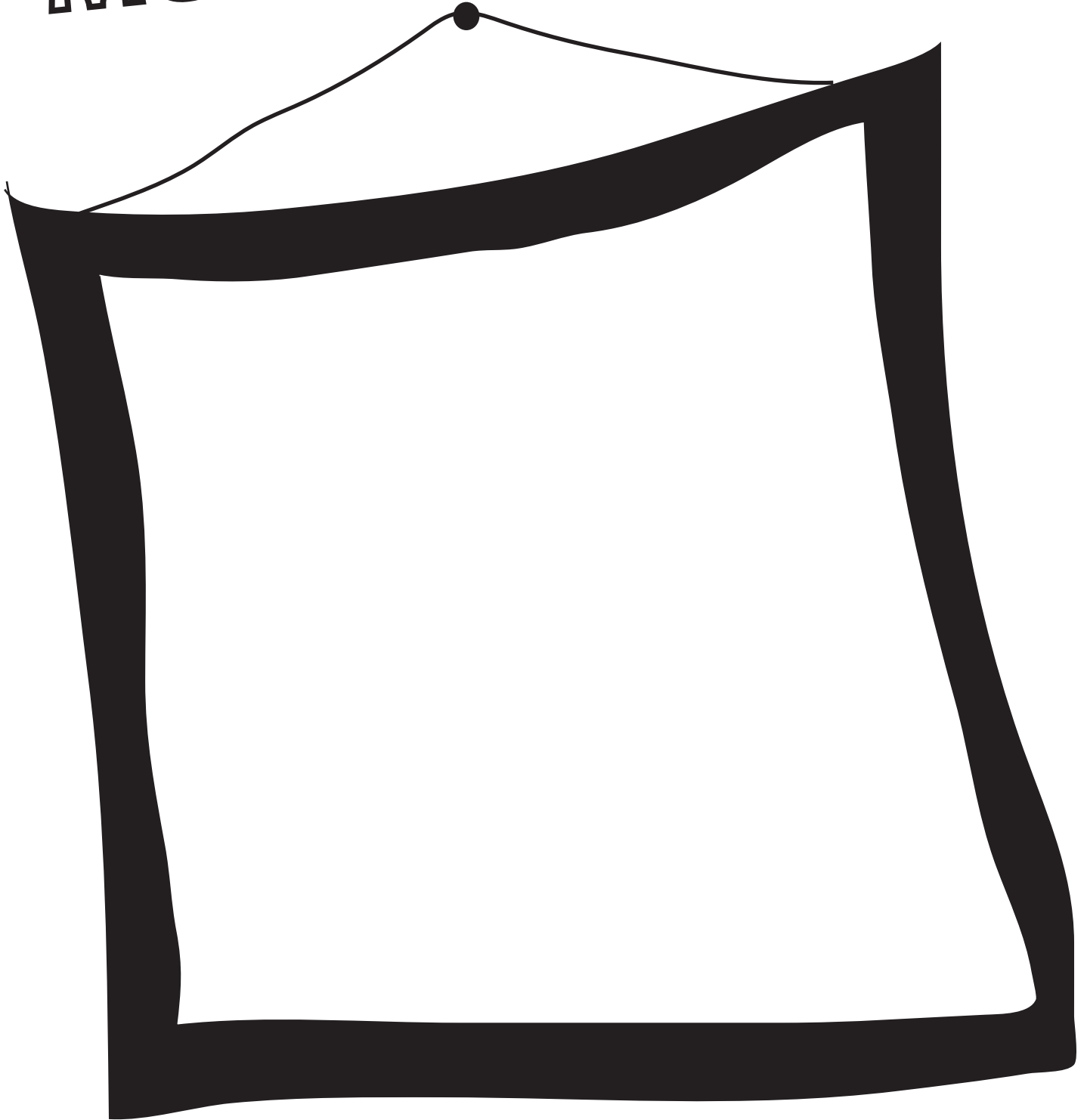
Kids can talk to their parents about stuff they are worried about and ask for answers to questions that they have.

# Being Together



Even if they live apart, parents need to try to make sure that their kids will still be able to spend time with each of them.

# Me & My Family

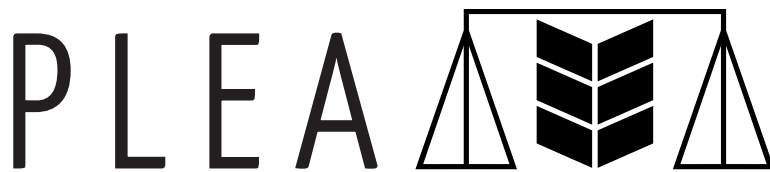
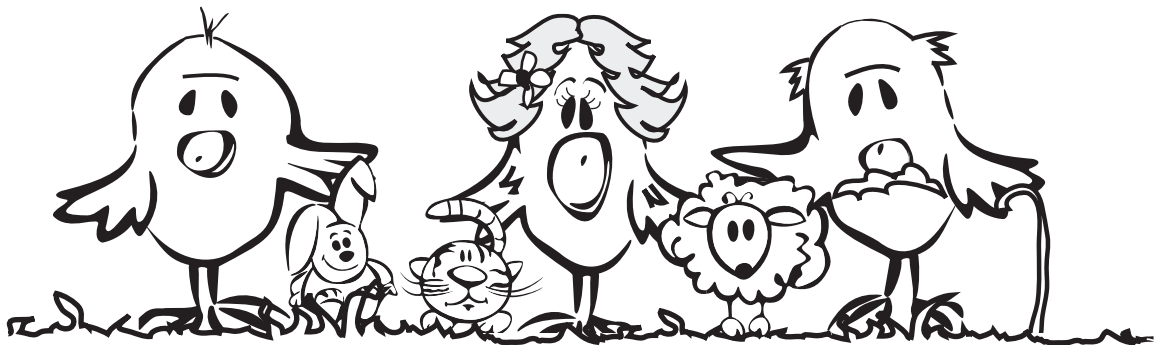
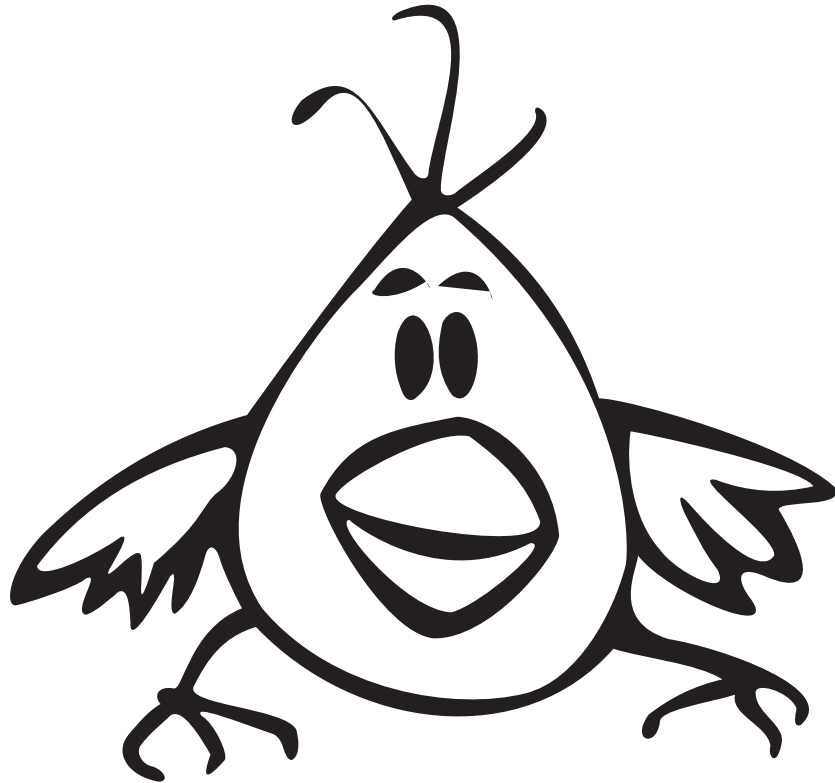


**And no matter where a child lives, parents can still be there to take care of their needs and love them, no matter what.**

**Draw a picture of your family.**

# No Matter What

## Me & My Family



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