

## How do I talk to my children about what is happening?

**The COVID-19 outbreak means that we are all facing new and uncertain challenges with times being hard for adults to face - which makes us think, how are our children coping?**

Whilst the government begins to 'relax' measures parents and especially their children will continue to feel the effects as usual routines cannot be maintained but have either been completely disrupted or remain suspended due to the government restrictions in place.

Communication between parents can often be an issue and more so with their children in these trying times. We aim to help you with this through our own communication with you and your ex-partner and through other mediums such as mediation.

However, how do you communicate what is going on to your children, do they understand the complications surrounding the current government restrictions and why contact with the other parent has been disrupted and no longer routine?

Our Family Law Team at MannBenham have found some handy resources to help you when talking to your children about what is happening:

**Our team are stepping up to the line to support you.**

Contact us today on **01624 639350** or email us at **familyteam@mannbenham.com** for us to arrange a convenient time to call you back, either by telephone or video call.



### Meet your Key Contact



#### Emma Ratcliffe

Family Law Advocate  
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Emma is a Senior Advocate specialising in family law. Having qualified as a barrister at Manchester Metropolitan University in 2000, Emma worked in England at a leading family law firm. After qualifying as a Manx Advocate, Emma has practised as a specialist family lawyer and regularly appears before the Island's courts.

### Useful Links



#### Links:

<https://www.bbc.co.uk/news/uk-51734855>

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>



Contact us today to arrange a convenient time for us to contact you  
**01624 639350** or **familyteam@mannbenham.com**



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