



## Surviving Valentine's Day After Separation & Divorce



Candy hearts, greeting cards and advertisements...it's difficult to put on blinders when it comes to Valentine's Day. When you're separated or divorced it can be hard to take. It often reminds people that they are alone and that can be tough!

Here are 3 tips to surviving Valentine's Day:

Tell your children you love them. Many kids worry that if their parents can fall out of love with each other, maybe they will stop loving them, too. Some fun ideas for showing your love:

- Set aside some one-on-one time with them
- Go on a dinner and movie "date" with them
- Make a special meal together (and of course, enjoy it together!)

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### Meet Jasmine Dennis

Jasmine joined Kids In The Middle as the Office Coordinator in February 2017. She is always smiling and brings a positive vibe wherever she goes. Jasmine says that her favorite part about working at KITM is being a part of a place that helps people through



a difficult time. During her free time, she enjoys crafting with her sister, creating candles and jewelry. Jasmine also enjoys visiting her sister and niece in Atlanta.

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## Answering Tough Questions



Though kids' questions may have no easy answers, it's important they know it's always okay to ask. When having these conversations, sit together in a comfortable place and hold kids close. While you talk, hold their hand or give them a long hug. A simple touch can go a long way.

Here are some suggestions for answering three common questions:

**What's a divorce?** This big question can come at any time...sometimes when you least expect it. You might say, "A divorce is when two people decide not to be married anymore. Although we won't be married anymore, we will always be your mom and dad. We both love you very much, and that will not change."

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## RECIPE: Valentine's Popcorn



Valentine's Day is just around the corner and we have the perfect treat to make with your kids!. This recipe makes a great big batch that you can share with all the people you love.

### **VALENTINE'S POPCORN (WHITE CHOCOLATE POPCORN) RECIPE**

**YIELD: ABOUT 8-10 CUPS | TOTAL TIME: 10 MINS PREP TIME: 10 MINS**

#### **INGREDIENTS:**

- 12 ounces white chocolate
- 8 cups popped popcorn
- 1/2 tsp. salt
- sprinkles (use heart sprinkles or pastel color sprinkles)
- Conversation hearts (optional)

#### **DIRECTIONS:**

Heat chocolate in the microwave or a double boiler until melted. Place the popcorn in a large bowl, and pour the melted chocolate over it. Then use a spoon to toss the popcorn gently until it is evenly coated with the chocolate. Spread the popcorn out evenly on a baking sheet covered with parchment, wax paper, or aluminum foil. Sprinkle evenly with the salt, then add as many sprinkles and conversation hearts as you would like.

Let cool for 10 minutes or until the chocolate has hardened. Break up into small pieces then serve or store in an airtight container for up to 1 week.

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