



Helping Kids Cope After Separation & Divorce



Many kids and parents grieve the loss of the kind of family they had hoped for, and kids especially miss the presence of both parents and the family life they had. That's why it's common and very natural for some kids to hold out hope that their parents will someday get back together. You can reassure

them that it's OK to wish that mom and dad will reunite, but also explain the finality of your decisions.

Here are some ways to help kids cope with the upset of a divorce:

- **Encourage honesty.** Kids need to know that their feelings are important to their parents and that they'll be taken seriously.
- **Help them put their feelings into words.** Kids' behavior can often clue you into their feelings of sadness or anger. You might say: "It seems as if you're feeling sad right now. Do you know what's making you feel so sad?" Be a good listener, even if it's difficult for you to hear what they have to say.

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Meet Jamie Chitwood

Jamie Chitwood joined the Kids In The Middle team in January 2019 as a Clinical Coordinator. She loves that we are helping to make a difference in the lives of the children and families receiving services at the Agency. In her spare time, Jamie enjoys spending time with her daughter, spending time with her fur babies, playing sand volleyball,

reading and attending St. Louis Cardinal games. Interesting fact about Jamie is that she is a foster parent for the State of Missouri and has fostered more than seven infants.



It's Spring Break...Now What?



8 Free Things to Do With Kids in St. Louis

Between carpooling kids to different activities and helping them with their homework, it's great for families to enjoy a fun-filled day once in a while. Spring Break is a great time for mom or dad to spend time with their kids and reconnect. Check out these eight free ideas to spend time with your kids over the break.

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St. Patrick's Day Craft

Looking for a fun, easy craft to do with your little one for St. Patrick's day? This craft sticks Leprechaun hat is a great St. Patrick's Day craft for kids.

What You'll Need:

- Craft sticks
- Glue
- Black paper
- Yellow paper

- Green paint
- Cardstock or fiberboard



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