

DEAR MOM AND DAD, DON'T MAKE ME FEEL BAD

A Child of Divorce Speaks Up



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Mum
and Dad,
Don't Make
Me Feel
Bad

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Foreword

“Divorce can be confusing, sad and even traumatic for children. We hope that this book can provide parents with some insights into the thoughts and feelings of a child experiencing divorce. We encourage families to work together to help their children through this difficult period in their lives by listening to them, and demonstrating on-going care and concern.”





Dedication

*To all the kids out there
Who have wished that their parents
Could be on the same page,
Even if they couldn't quite see eye to eye...*

*To all the parents out there
Who are no longer on the same page,
But who understand that their kid's story
Must continue in each new chapter
Of both their lives,
Even if they can no longer be part
Of the same plot...*

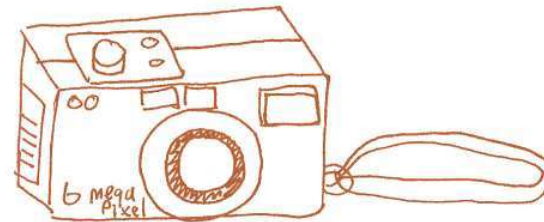


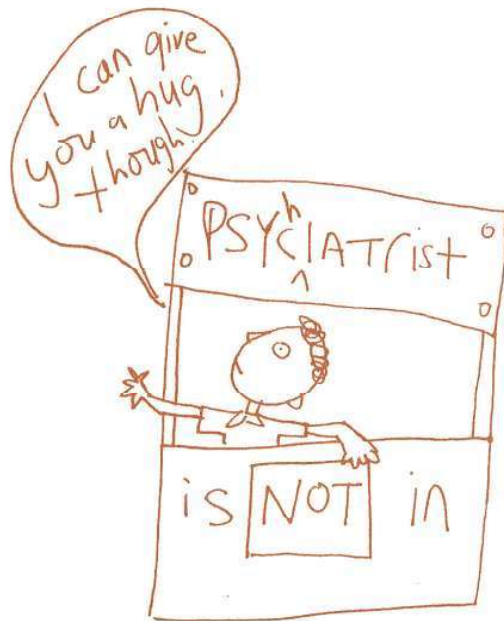


**Dear Mum & Dad,
I know you've split up**

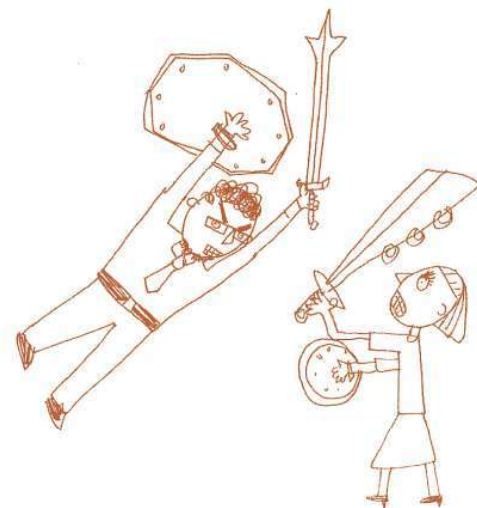


But I'm still yours,

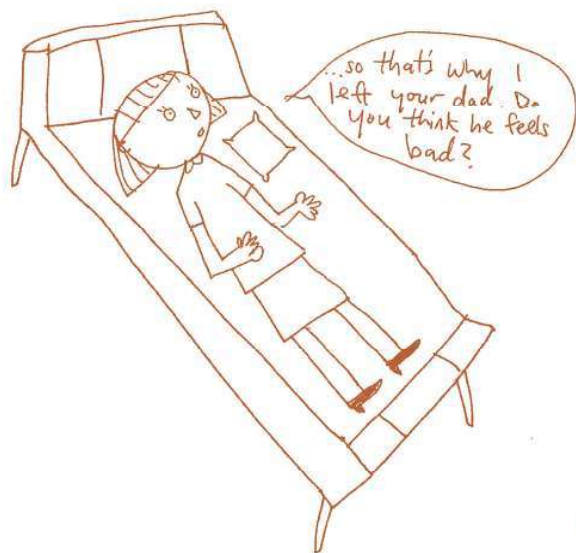
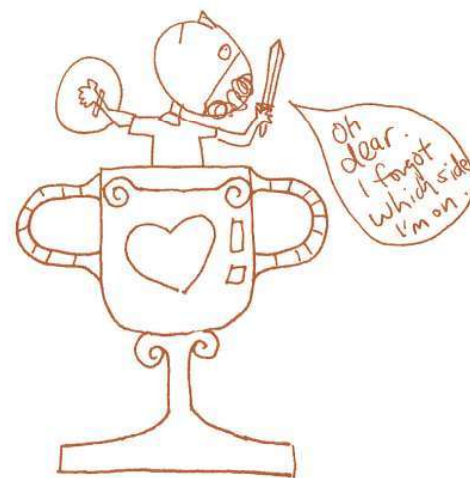




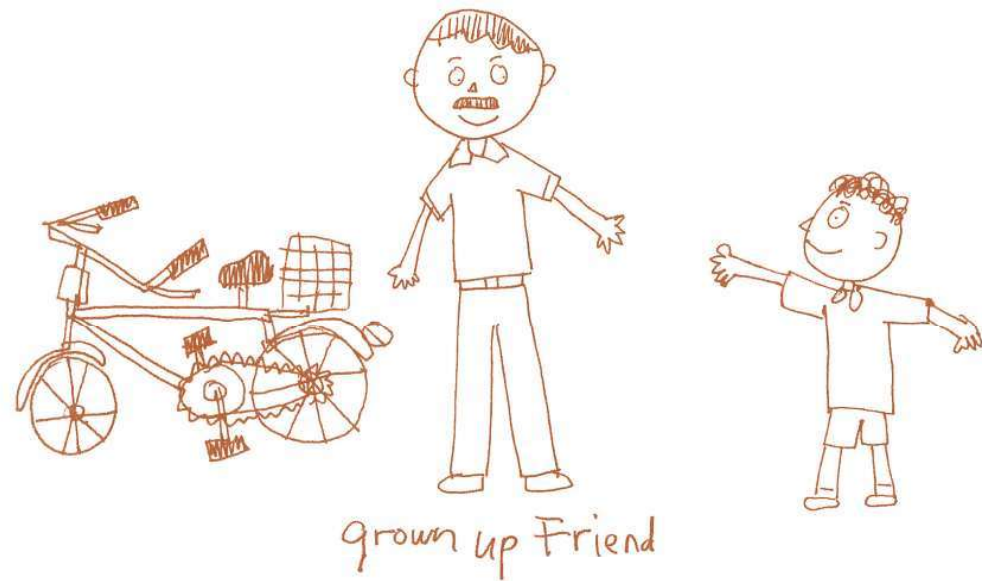
**Though don't look to me
For any cures.**



I'm not a counsellor, ally, or prize.



**If you want that,
Pick someone your own size.**





**When you're in front of me
Please try not to fight
I really don't care
Who's wrong and who's right.**



**Don't tell me what he said
Or the things that she wrote.
How petty he seemed,
How angrily she spoke.**



1. Did your dad bring you to see his lady friend?

Yes

()

For a short while

(✓)

2. What was she like?

Pretty and nice

()

No big deal

(✓)

3. Did you like her?

Yes

()

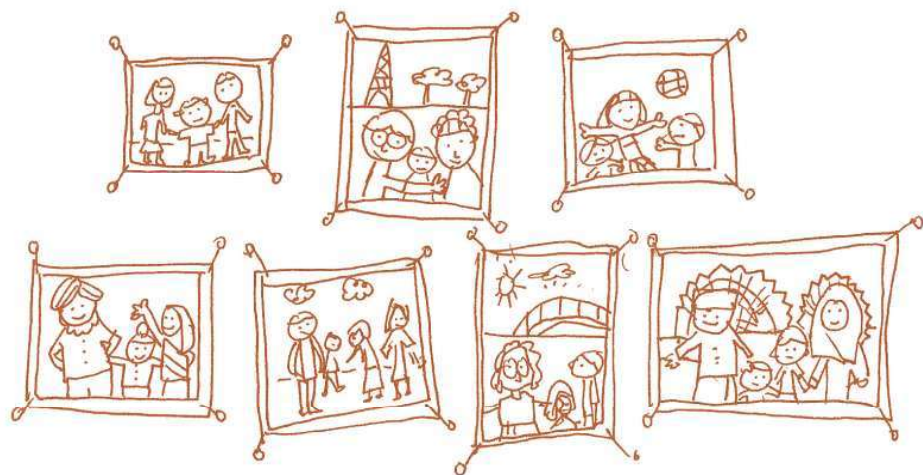
So-so

(✓)



**Don't ask me questions
About "the other side".**





**With you two split up
I've a rough enough ride.**

Why can't Mum
and Dad be in the
same picture like
everyone else?





He never wanted you to know.
 She doesn't love us
 she always means money, money
 He likes his new ladyfriend now.
 She never wanted to
 He walked out on all of us.
 She is trying to bankrupt
 I don't know

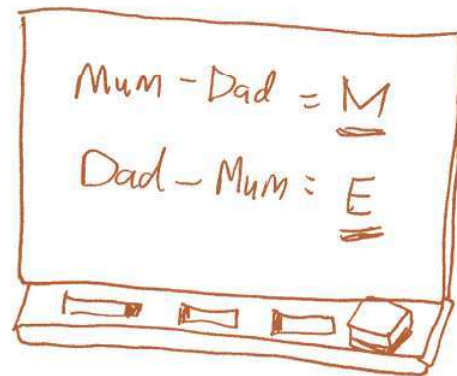
He has spent all the money.
 I am so angry with him.
 now, she is not coming back.

has never respected me at all.
 money.

I just want to forget about everything.
 take care of you.

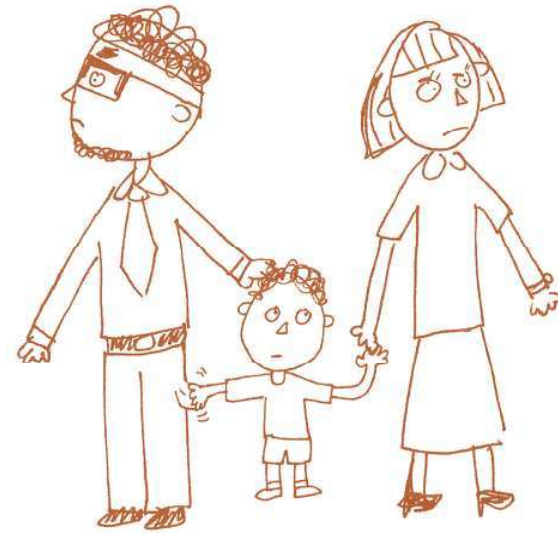
me
 why I ever married her
 He wouldn't care if we all starved.

When I'm there
 Don't talk bad about him
 Or of her.
 Thinking about it
 Gives me a horrible stir.



**'Cos I know that I came
From two
And not one.
Of both of you
I am the sum.**





**If you can't be friends,
At least don't be foes.
Even if you don't say a word
Your kid always knows.**

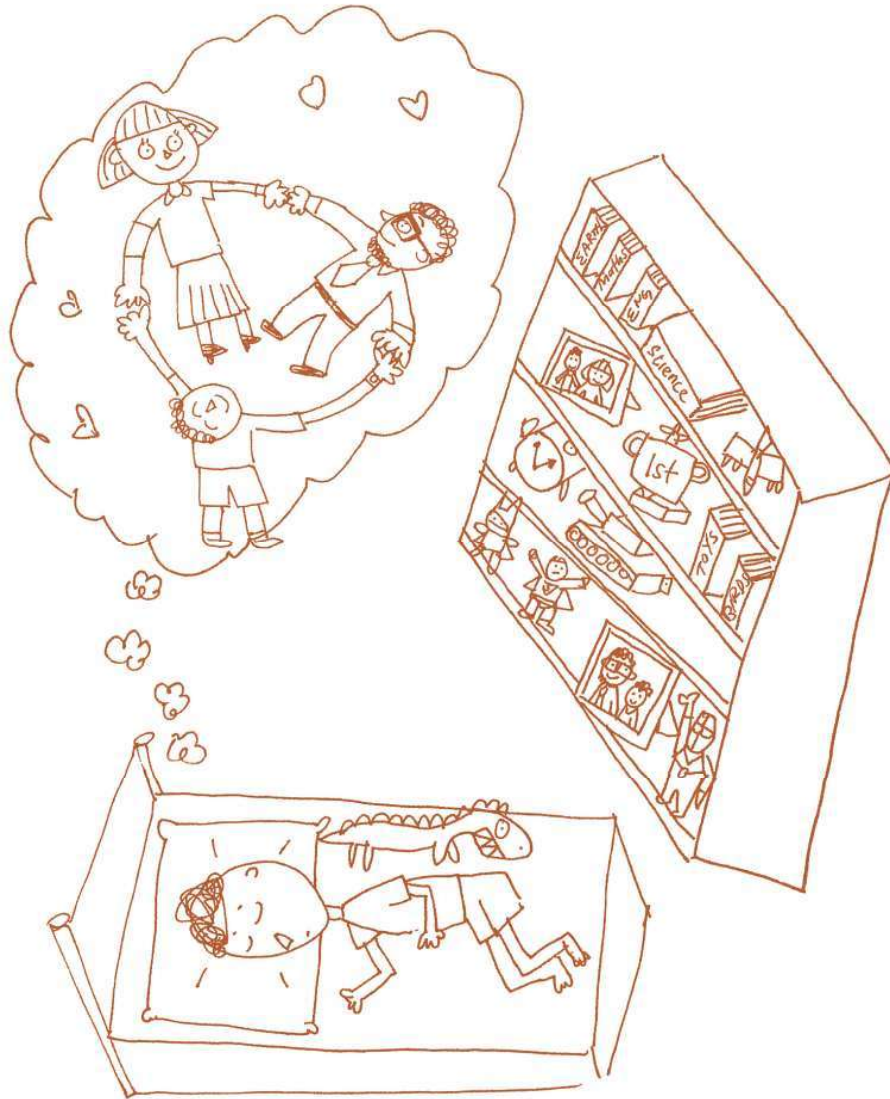


**I can tell from your voice
And the look in your eyes,
The fold of your arms,
The hate you disguise.**

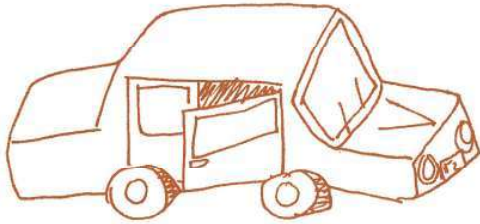
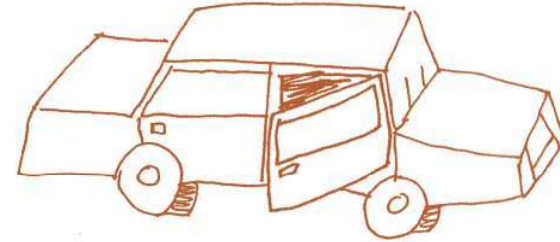


Since you didn't stay
together for me.
At least get on together
Now that you're free. (just for me?)

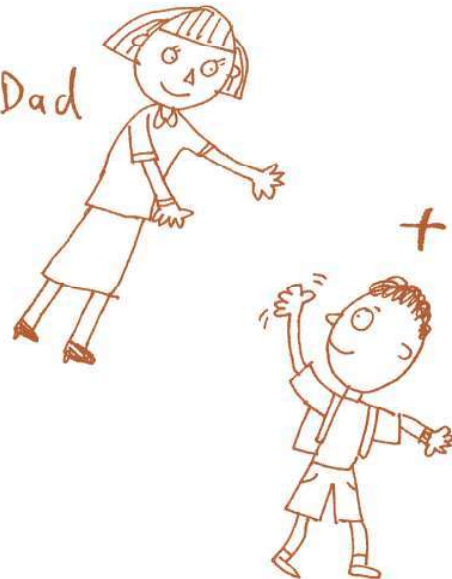




**I'd like both your pictures
Up on my shelf**



Mum - Dad



= M + E



Dad - Mum

**Don't make me feel bad
About one half of myself.**

= ME!

Love,

love,

Your kid



Author

MIN LIM has worked in the area of family and youth law as both a lawyer and a judge for many years. Her hobbies are writing and drawing. She has authored numerous articles and books on family and youth law, including the book “Youth Justice in Singapore – Rehabilitation, Reintegration, Restoration”. On a lighter note - she has also authored and illustrated a book “The Cat Who Came and Took Over Our House” – about a stray kitten that decided to adopt Min Lim and her family as her own!

All illustrations are done by Wilkie Tan.

**ABOUT
STRENGTHENING
FAMILIES
PROGRAMME
(FAM) CENTRES**

There are eleven FAM centres that are supported by Ministry of Social and Family Development (MSF). FAM counsellors and social workers use a child-centric approach to highlight the impact of divorce on children and to encourage cooperative co-parenting. They provide the below support services for stressed and divorced families.

Divorce Support Programmes for Parents and Children

Individuals and families contemplating, undergoing or who have undergone divorce may benefit from attending support programmes. FAM centres provide the following programmes for adults and children to support them in coping with challenges and stresses, and to adjust to changes brought about by this transition.

Programmes for Parents/Related Persons

- Mandatory Co-Parenting Programme (CPP)
- Children-in-Between (CiB) for Parents
- Supervised Exchange & Supervised Visitation (SESV)
- Support Groups

Programmes for Children

- Children of Divorce Intervention Programme (CODIP)
- Children-in-Between (CiB) for Children
- Support Groups

Family Counselling and Online Counselling

Family counselling at FAM centres is provided for individuals, couples and families, and serves to strengthen relationships within the family and address family-related issues, including marital and divorce conflicts and parent-child issues.

Individuals experiencing family-related stress may also access online counselling through the Family Assist Portal

Family Assist Portal

Family Assist is an online resource portal that provides information for those who are:

- Facing strains in marriage but are open to strengthening their marriage;
- contemplating divorce; and/or
- proceeding with divorce.

For more information on the above divorce support services, you may visit the Family Assist portal at www.familyassist.msf.gov.sg or scan the QR code below.



FAM Centre Details

Strengthening Families Programme (Allkin)

Block 304 Ang Mo Kio Avenue 1
#01-1143-1147, Singapore 560304
Tel: 6307 4200
Email: FAM@alkin.org.sg

Strengthening Families Programme (Care Corner - Eunos)

Block 21 Eunos Crescent #01-2983,
Singapore 400021
Tel: 6258 0020
Email: FAM.EN@carecorner.org.sg

Strengthening Families Programme (Care Corner - Woodlands)

Block 786B Woodlands Drive 60 #01-97,
Singapore 732786
Tel: 6978 4090
Email: FAM.WL@carecorner.org.sg

Strengthening Families Programme (Fei Yue)

Block 281 Choa Chu Kang Avenue 3 #01-348,
Singapore 680281
Tel: 6235 5229/9072 9698
Email: FAM@fyics.sg

Strengthening Families Programme (Kampong Kapor Community Services)

Block 351 Jalan Besar #03-05,
Reliance Building, Singapore 208988
Tel: 6485 4770
Email: FAM@kkcs.org.sg

Strengthening Families Programme (Lakeside Family Services)

Block 302 Jurong East Street 32 #01-22,
Singapore 600302
Tel: 6991 3003
Email: FAM@lakeside.org.sg

Strengthening Families Programme (Methodist Welfare Services)

Block 615 Hougang Ave 8 #01-402,
Singapore 530615
Tel: 6330 1080
Email: FAM@mws.sg

Strengthening Families Programme (Monfort Care)

Block 28 Telok Blangah Rise #01-219,
Singapore 090028
Tel: 6399 1800
Email: FAM@monfortcare.org.sg

Strengthening Families Programme (PPIS)

Block 41 Chai Chee Street #01-16,
Singapore 461041
Tel: 6745 5862
Email: FAM@ppis.sg

Strengthening Families Programme (TRANS)

Block 133 Bedok Reservoir Road #01-1205,
Singapore 470133
Tel: 6547 0338
Email: FAM@trans.org.sg

Strengthening Families Programme (Thye Hua Kwan)

Block 54 Commonwealth Drive #01-566,
Singapore 142054
Tel: 6357 9188
Email: FAM@thkmc.org.sg



Scan to find a FAM centre near you.

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