



parental absence

Parenting Through Family Separation

This is a supplemental parent-education module that is designed to offer support to parents and caregivers who experience family separation.

Raising children is challenging for all parents and caregivers even when two parents are living together in the same home. Children’s abilities and needs are in a constant state of change, and parents work hard to understand and support each child’s developmental stage and well-being. When a parent or caregiver needs to parent from afar, for any reason, there is more pressure on the family unit as each member adapts and adjusts to the realities of being apart.

This program will provide parents and caregivers with the opportunity to learn about skills and strategies they can use to align their own roles, responsibilities, and expectations in the separated circumstances. In addition, it will help parents provide their children with safety and security during family separation.



This supplemental module builds on information and strategies that are discussed in the four universal Thrive parenting programs – Take Root, Sprout, Grow, Branch Out – so it is recommended that you participate in the age-appropriate universal Thrive parenting program prior to using the supplemental module.



In this module, you will learn how to do the following:



Prepare to coparent from afar with your separated partner.



Develop a coparenting plan and other useful tools.



Identify your strengths and develop new strategies for coparenting across family separation.



Respond to your child’s needs before, during, and after separation.



Have age-appropriate conversations with your child about family separation transitions.



Maintain good self-care practices during separation.



Prepare for homecoming or family reunification with your separated partner.

For more information about the Parental Absence supplemental module, visit:

<https://thrive.psu.edu/supplemental-modules>