



**Dear
parent,**

Breakup

In any relationship,

there may be situations where people disagree. Regardless of the reasons for disagreement or whether one expresses themselves loudly or in silence, it is vital to understand when such a situation becomes hopeless. For example, the other person does not understand me, behaves badly or the contact fails, and this continues despite efforts and attempts to change the situation.

To understand if a relationship can be healed, we recommend:

Reading information on the website tarkvanem.ee/paarisuhe

Contacting family therapists and mental health supporters by visiting such websites as pereterapeudid.ee www.peasi.ee

Once you have reached a point

with your child's other parent where further cohabitation seems to be impossible, you need to consider:

- whether to break up;
- how to remain a good parent for the child.

Regardless of the breakup, parents need to stay in touch and be prepared to make compromises when raising their child. After all, they still have parental responsibility after the breakup.

The most important factor to consider in the breakup process:

- 1 Do not despair. It is better to break up peacefully than stay in a relationship that does not please you, your partner and your child.

- 2 Breakup is a difficult process for the whole family. Ask for support from your loved ones and professionals. Do not hesitate to contact the child helpline at 116 111 and the counsellors via the website of tarkvanem.ee.

- 3 Even after breakup, the child has two parents, who both play an important role in helping the child to understand themselves. Ensure the child's well-being and safety through the relationship with the other parent.

- 4 Legal matters are complex and time-consuming. Prefer extrajudicial arrangements such as family mediation services where possible. We assist you in making the said arrangements. The aim of family mediation is not to reconcile or reunite spouses or partners who have broken up, but to seek cooperation as part of a parent-child relationship in a way that spares the child.

- 5 Remember and keep in mind that children are a priority also in the breakup process. The child may not know what the breakup means or how it will affect their life. That is why talking is particularly important. Do not harm your child by forcing them to choose sides or give excessive testimony. The child is also having a difficult time, so you need to be careful to notice if they need professional help.

Read more:

sotsiaalkindlustusamet.ee/lahkuminek
tarkvanem.ee/paarisuhe/lahkuminek

info@sotsiaalkindlustusamet.ee



Always
there to
help you

**Estonian National
Social Insurance Board**



sotsiaalkindlustusamet.ee



perelepitus



SOTSIAALKINDLUSTUSAMET



tarkvanem.ee

Lasteabi.ee
116 111