

Loss of Security

Regular contact with
both parents

Nearly all children want their Mum and Dad to be together. The situation needs to be explained to them age appropriate.

Research shows children who keep regular contact with both parents emerge emotionally intact.

Do not ask them to
choose...
...Or to be involved in
disputes
All children feel
responsible

Your child does not want to choose one parent over the other, so do not put them in that situation.

Sort out arguments and disputes when your child is not there.

Whatever you do, do not let your child feel responsible; actively tell them they are not.

Put child's interests
ahead of your own

Consistency in
parenting style

Your child needs stability not chaos, calmness not bitterness and easy access to both parents (unless at risk).

Both parents should try to provide consistency in parenting style and eating habits.

Changes in behaviour

Stress and
bereavement

Can indicate stress, e.g. tears, sleeplessness, bedwetting, irritability, loss of appetite, withdrawal, bickering with friends, etc.

See stress and bereavement sheets.



The Clover House Solution

238F – Amy, Aged 10



Separation – Migraines – Eating Disorder – Sleep – Panic Attacks

The Problem

Amy's parents had divorced when she was two and she was still suffering from emotional stress as a result. She didn't get on with her Dad's new wife and had problems making friends at school. Amy also had trouble gaining weight, suffered migraines and had trouble sleeping.

Our Solution

Creative Imagery: We helped Amy do a rewind of what had happened to her and her family, using objects to represent family members. This helped Amy to understand and control her feelings about her parent's divorce. The image of her stepmother in a car wash helped Amy wash away her feelings about her.

Aromatherapy: We taught Mum some basic reflexology and massage techniques to help Amy relax. We also gave her some lavender oil to use at bath time.

Nutrition: We advised Amy and Mum to eat more nuts, fruits, vegetables and magnesium based foods. We also suggested that Amy should have a bowl of cereal before bed time to help her sleep and to take Eskimo oils last thing at night.

The Results

Amy noticed that she felt better straight away – by her second visit she had stopped suffering from migraines and felt more relaxed. By her last visit she felt happier, was eating better and slept well

Amy's life dramatically improved thanks to Clover House!

The Clover House Solution – Natural Healing for Children

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