

# Two Worlds

When relationships end and parents separate

When a couple separates, one world becomes two. When that couple has children, they too face the challenges of navigating their way through the new worlds of their parents. These challenges, both practically and emotionally, can be daunting—even overwhelming.

When relationships end, the pain of separation is often raw and difficult for everyone. At these times, it can be especially challenging for children to express their feelings and have their voices heard by the adults around them.

The 48 *Two Worlds* cards use Carolyn Marrone's gentle watercolour to help provide a voice for anyone, of any age, touched by separation, or experiencing significant transitions and life changes.

Here are some great ideas for using this new card set

## Caregiver assessment and review

The *Two Worlds* cards can be used to discuss and evaluate out-of-home care placements with carers

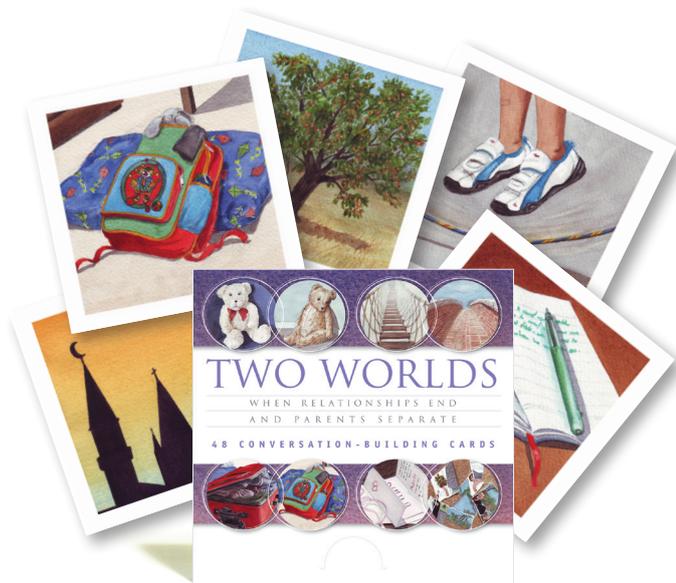
- Which cards can be used to describe important differences between your family and home, and the child's family and home?
- Which cards describe things that you think worked well for the child/for you/for the child's parents in the placement?
- Which cards describe things that were challenging for the child/for you/for the child's parents?
- Can you choose cards to talk about what you learnt from the child living with you?
- Can you choose cards to talk about what might you do differently next time?

## Using the cards with children

- Which cards describe your worlds now that your parents are no longer living together?
- What is it like going from one world to another?
- What parts of your worlds are the best/most challenging for you now?
- If you could change one thing, what would it be?
- Which cards say something about what you are good at?
- How could you use those strengths to help you most now?
- Which cards show what your Mum/Dad/siblings are good at?
- Which cards show the world that you are most looking forward to, or hope for, in the future?

## Using the cards with parents

- Which *Two Worlds* cards best describes what's it like in your world(s) right now?
- What two (or more) worlds do you think your children are negotiating at present?
- How could your worlds be made easier?
- How could your children's worlds be made easier?



- What would you like for the future worlds of your children/yourself/your ex-partner?
- What's working in your world right now?
- What's working in the worlds of your children right now?

## Pairings and Groupings

Many users of the cards will notice some possible 'pairings' or 'groupings' within the 48 *Two Worlds* cards—perhaps because they seem to be opposites, or because they have something in common.

### The two teddy bears

- Which of these two bears comes closest to describing you at the moment?
- Can you draw a bear that is you when...?
- If the two bears in the cards could talk to each other, what do you think they would say?
- Is there a treasured object in your life? If so, what is it?
- Do your children have different 'treasured toys' in their different worlds or do they take the same toy into their different worlds?

### The swing bridge and the brick bridge

- A bridge takes us from one place to another. Do you feel you are on a bridge right now?
- What does your bridge look and feel like?
- What are you leaving behind and what are you going towards?
- What is beneath your bridge—a road? A river? A valley? A big chasm?
- Do you feel safe on your bridge? If not, what would help your bridge to feel safer?
- How do you think you will feel when you get to the other side? How will you celebrate?



## TWO WORLDS

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