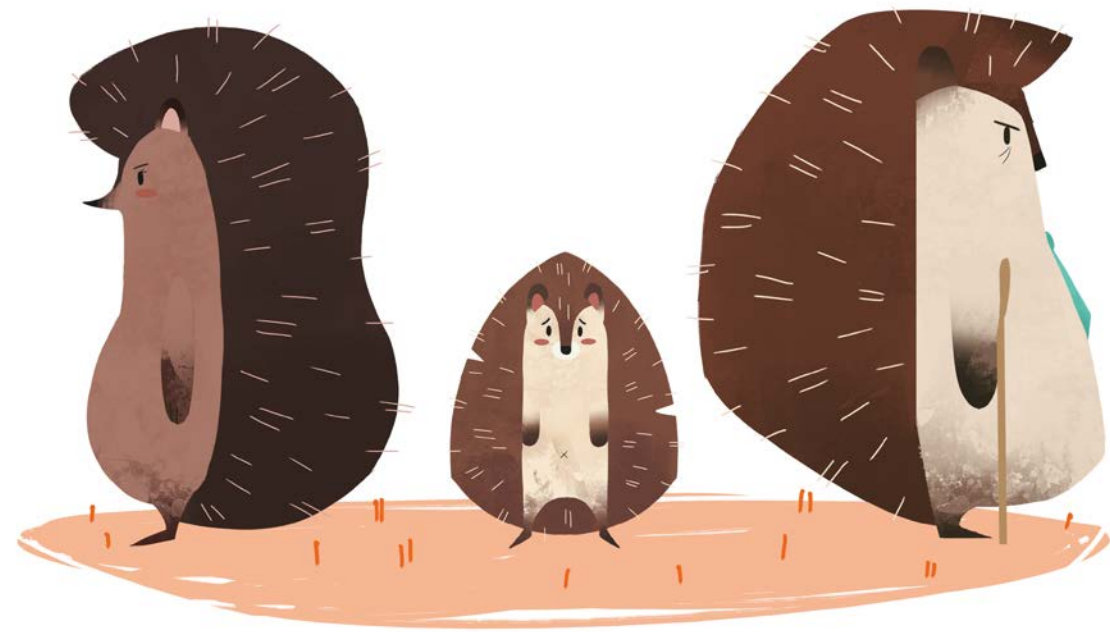




# Charlie

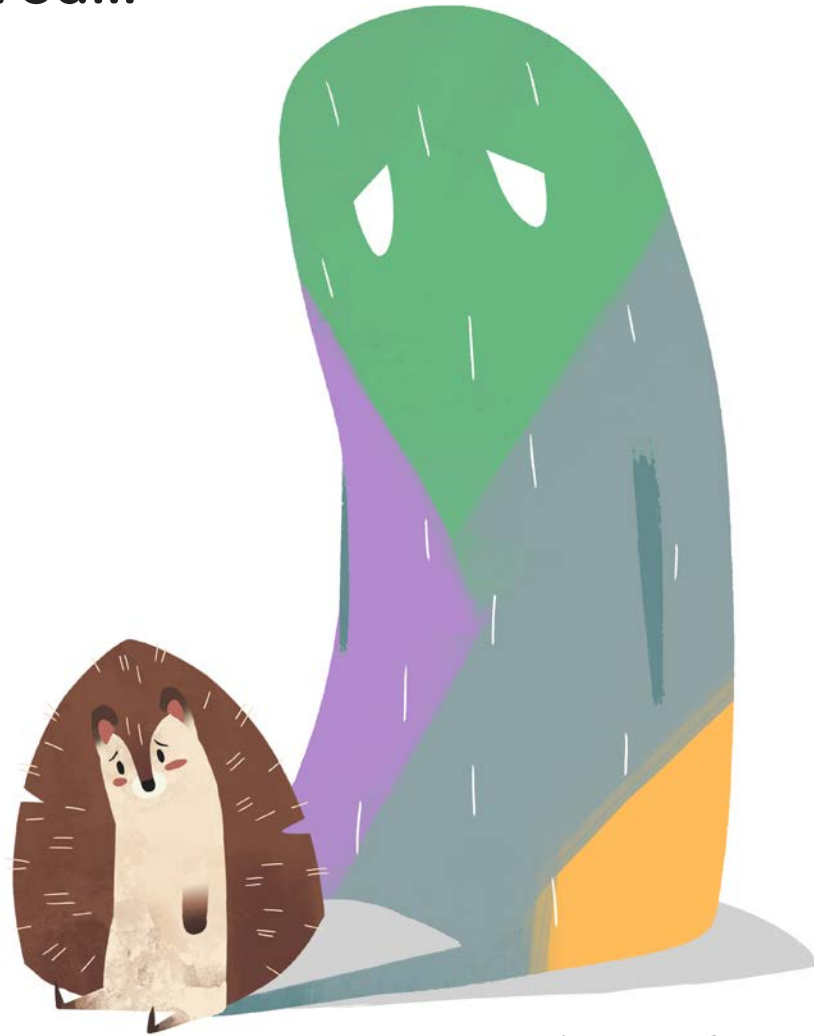
and the multi-coloured monster

When mum and dad split up...



...I didn't know how to feel.

I felt scared...



... and confused.

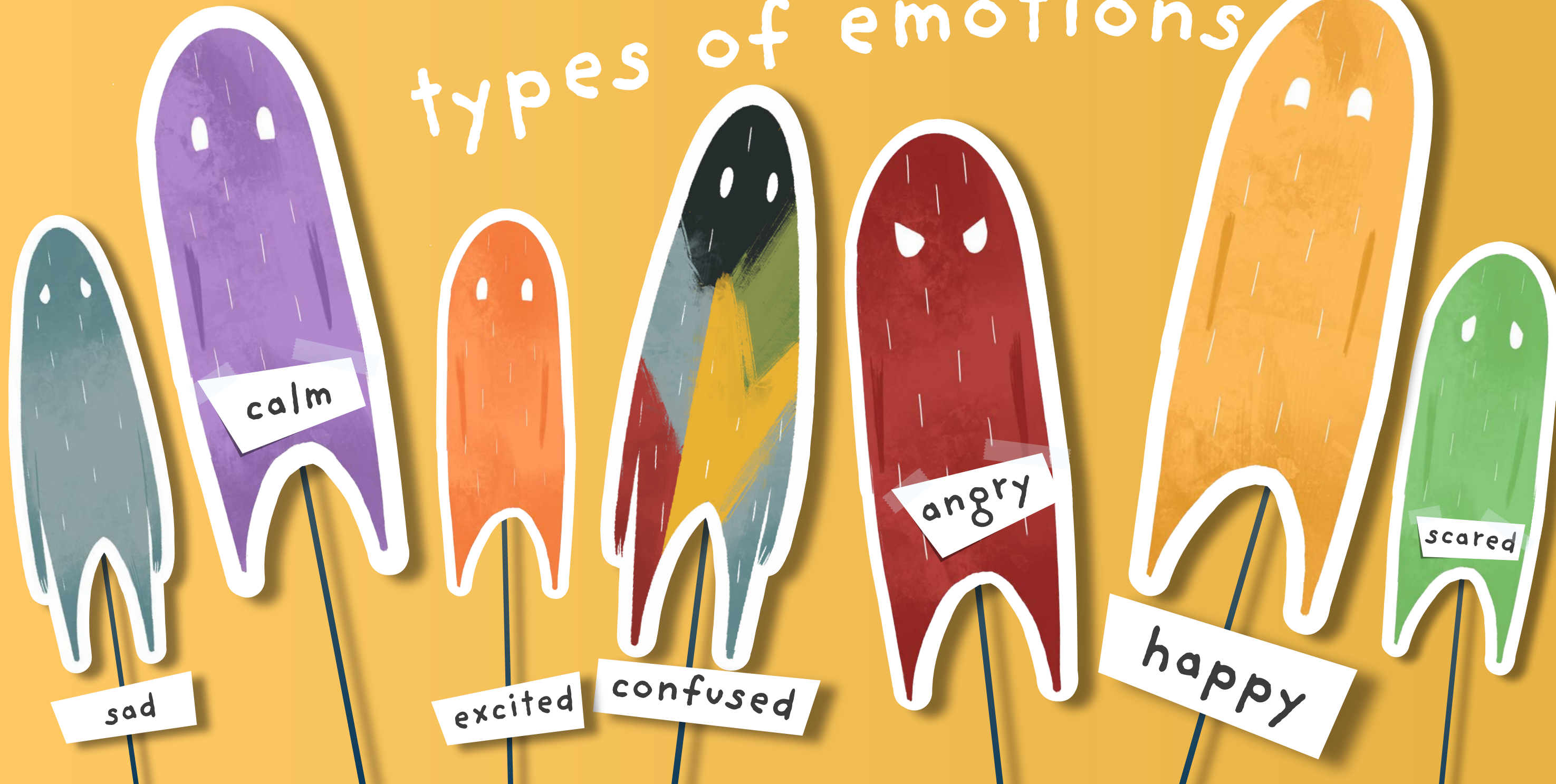
I felt angry...



... and sad.



# types of emotions





Home didn't feel  
like a good place  
anymore...



... because mum  
and dad weren't  
getting along.

Sometimes it felt  
like they forgot I  
was there.



I felt invisible.

**I just wanted things  
to be normal.**



**But everything  
was changing.**

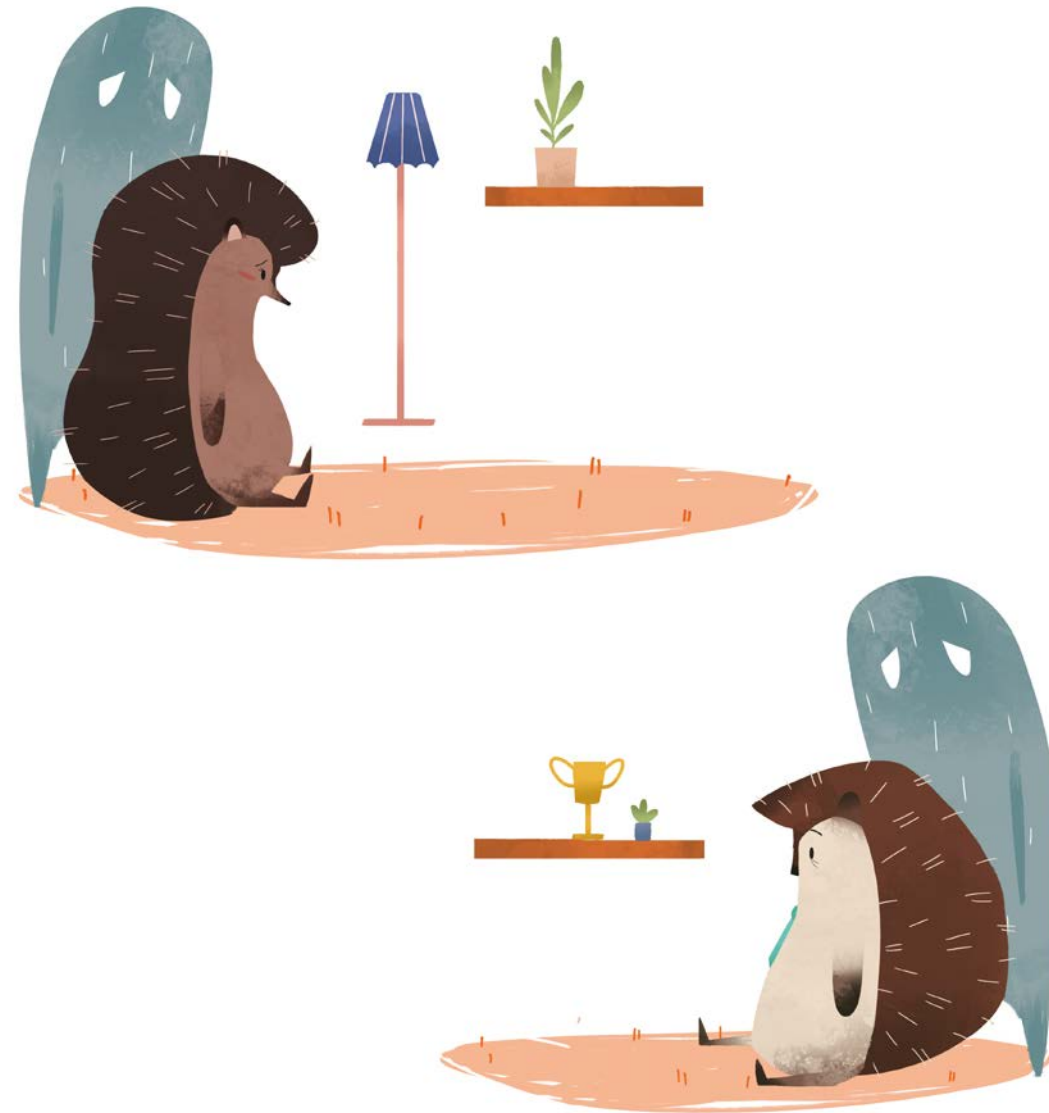




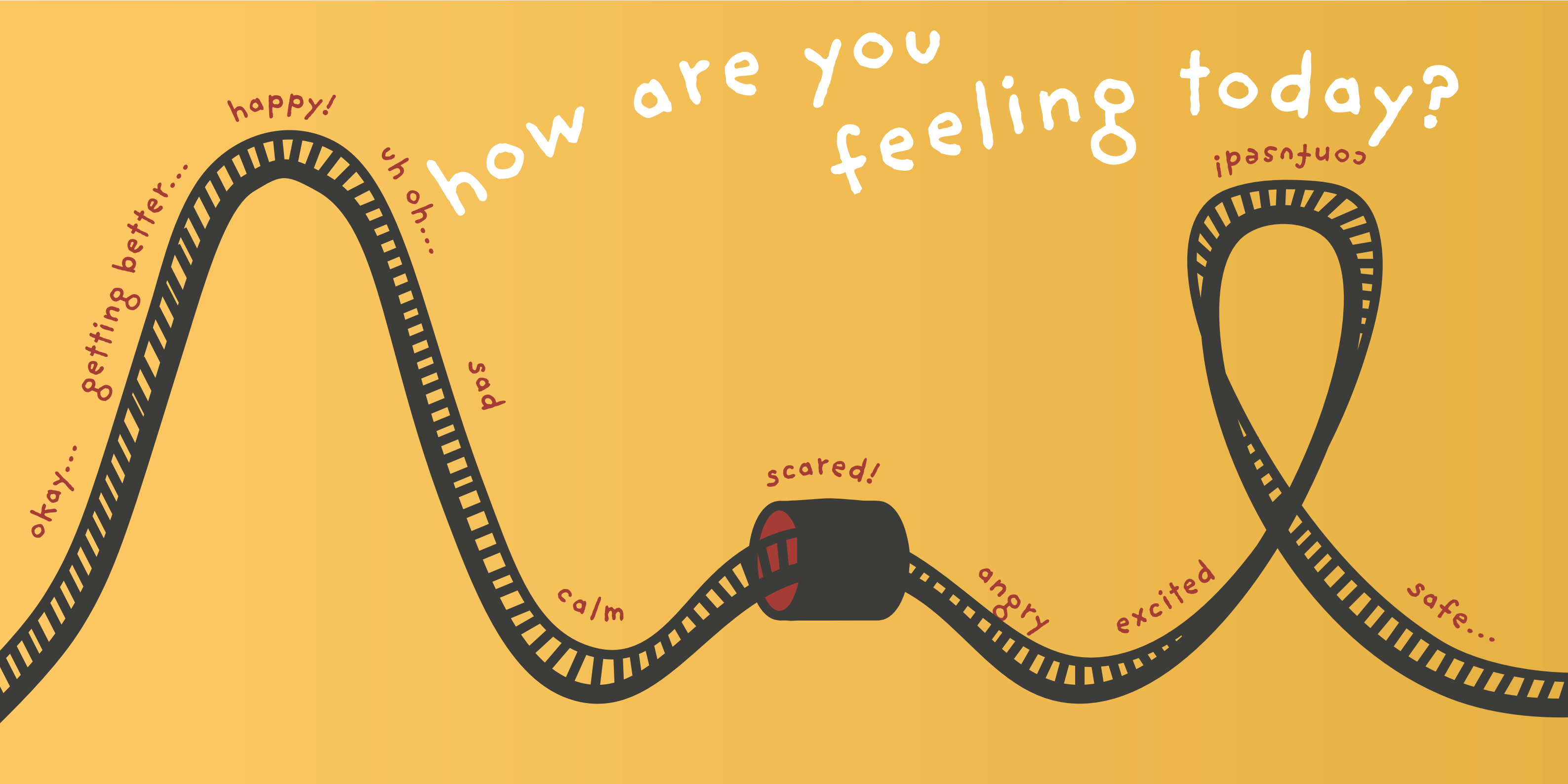
And I thought  
it might all be  
my fault.



I didn't realise  
that mum  
and dad...



... were feeling  
the same  
things as me.



how are you feeling today?

okay... getting better...

happy!

uh oh...

sad

calm

scared!

angry

excited

safe...

confused!



Then one day, dad left home.

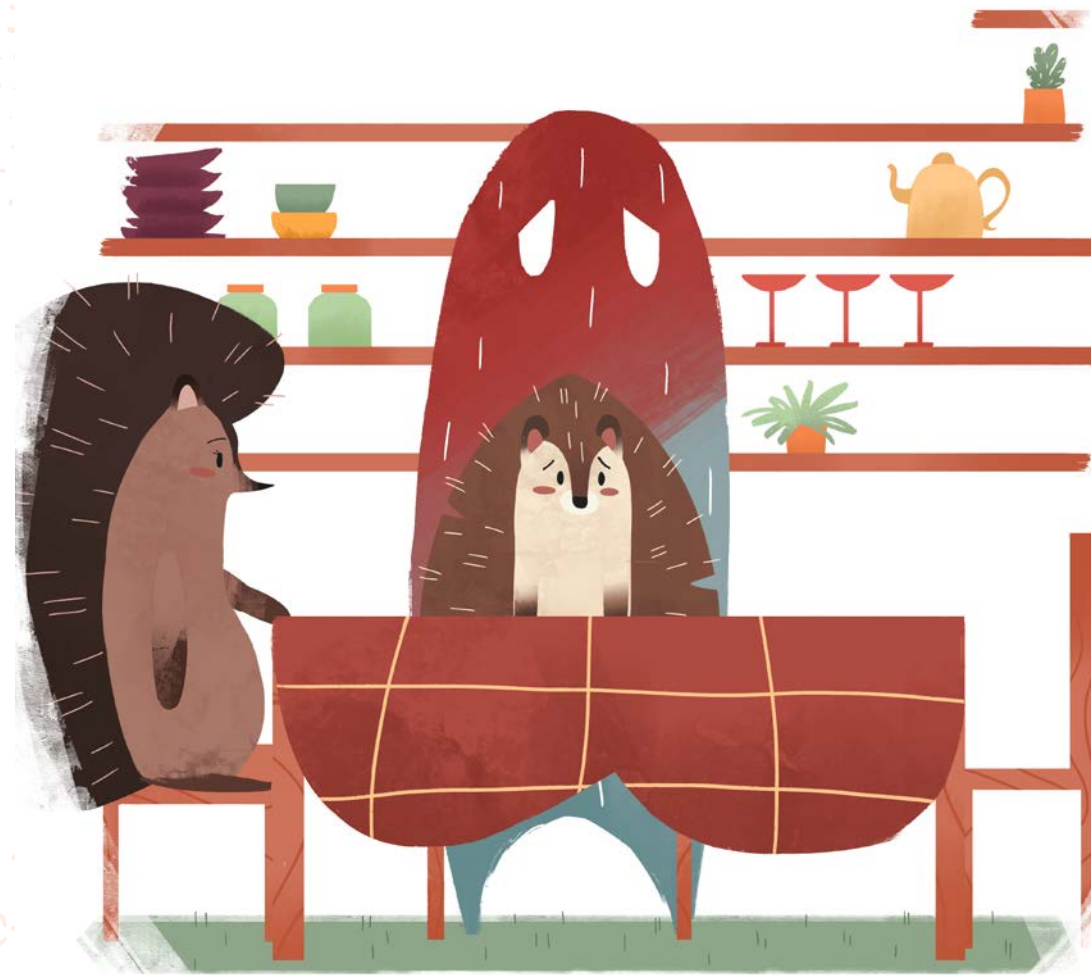


And I didn't know

if I would see him again.



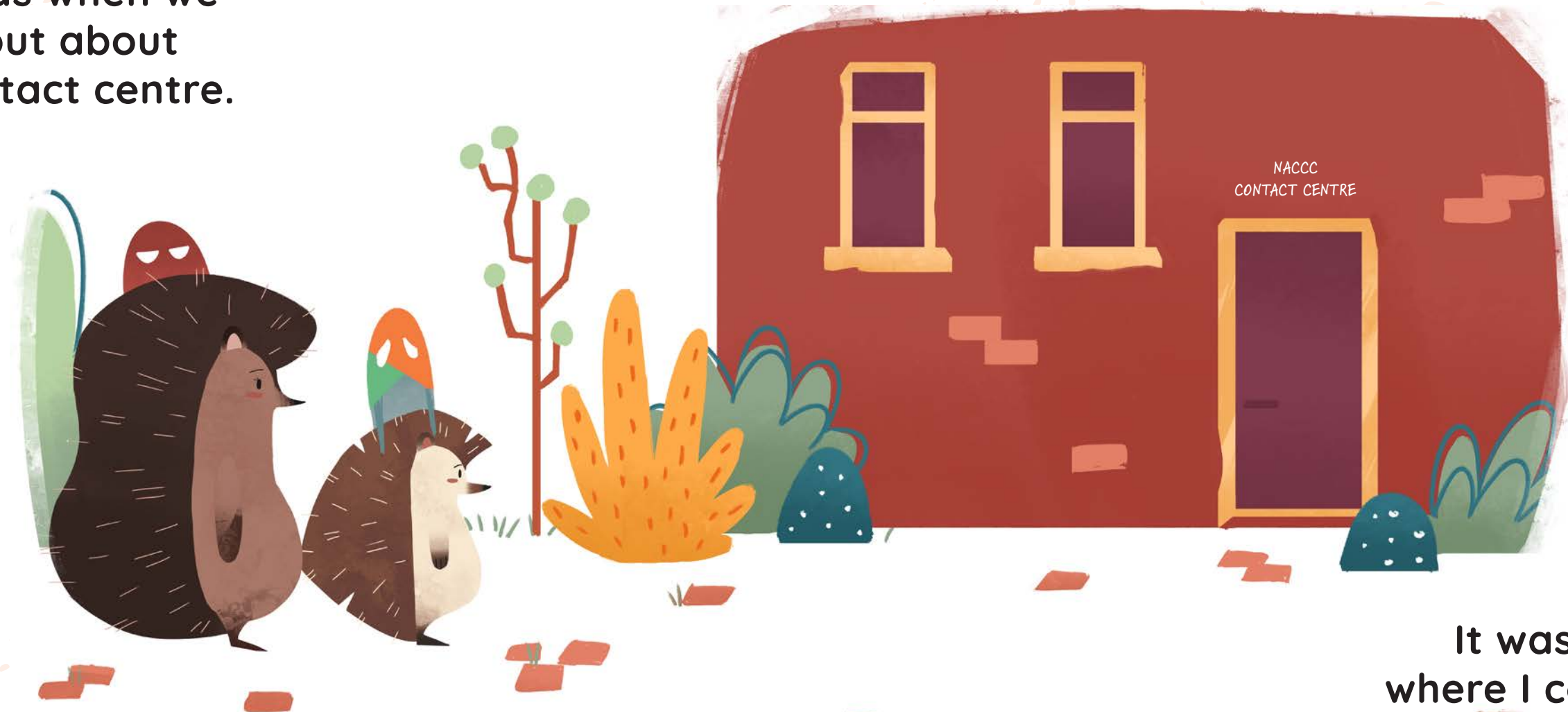
I missed him.



I felt all alone.



That was when we  
found out about  
the contact centre.



It was a place  
where I could see  
my dad again.

At the contact  
centre, we met Stan.



He works there.

Stan asked me  
how I was feeling.



We talked about some of the  
things that were happening.



He said it was  
okay to feel lots of  
different things...



... and that none of  
it was my fault.

That made me  
feel a lot better.

what you might  
be feeling

butterflies  
in tummy

headaches

warm glow

tight chest

tingles

heart racing



Stan was at  
the centre...



... every time I  
went there to  
meet my dad.



It was good to know he was always there to talk to.



I played  
and talked  
with dad...

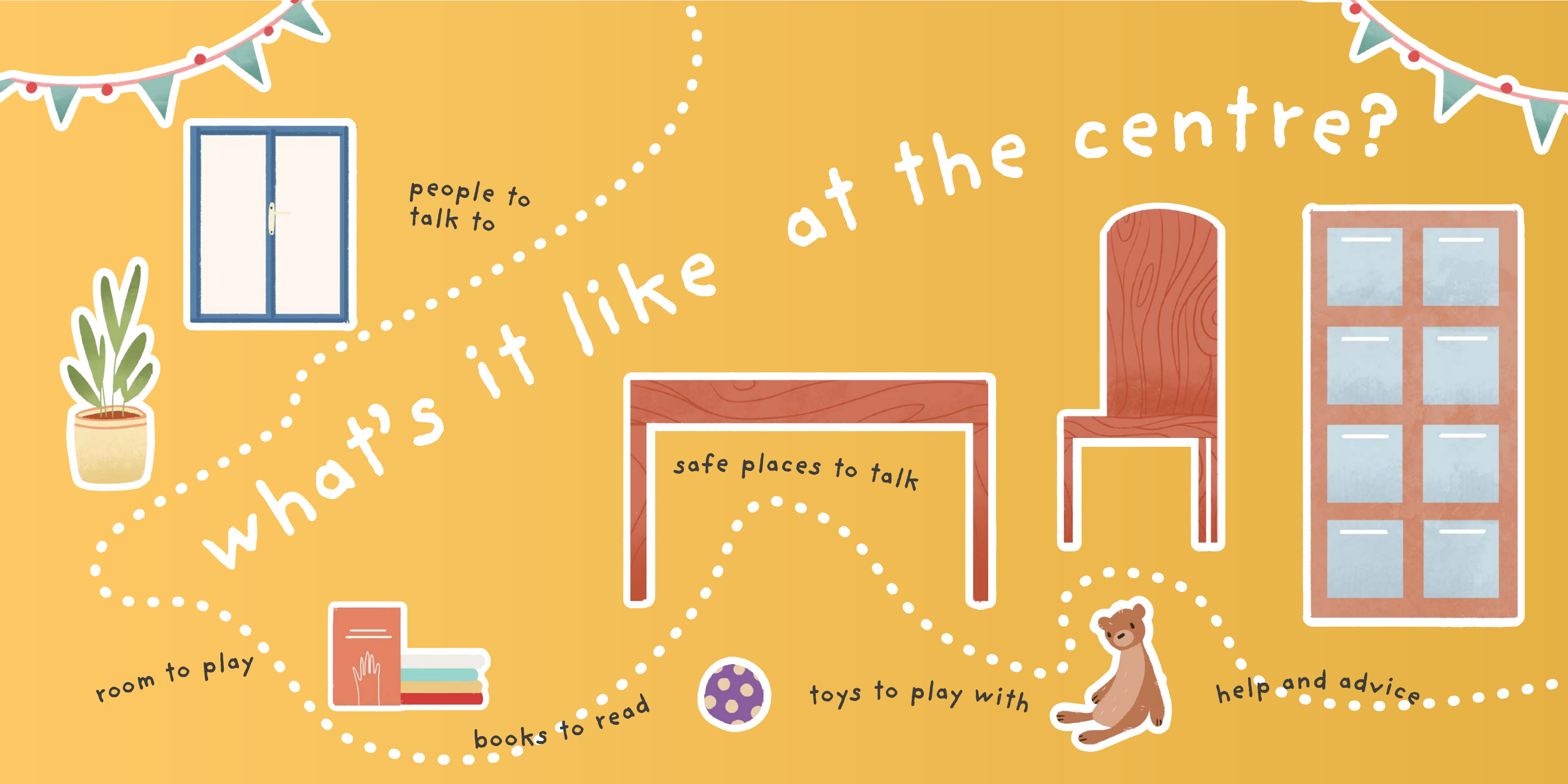


... in a nice  
room with  
other families.

We had lots of fun there...



... just like we used to at home.





I saw dad at the contact centre...



... every Sunday.

Mum let me  
choose the  
toys I took  
with me.





One day, dad  
and I left the  
contact centre  
for a while.



We went  
to the park  
instead...



... just like we  
used to.



Then on another day, we  
went to dad's new flat.



And we decorated my  
new room together.





**We don't meet  
at the contact  
centre anymore.**



But I'm really  
glad we did.





Hey Charlie!  
How did it go at the centre?

Hey Sam! It went really well.  
Me and dad see each other all  
the time now.



That's great!

I still need to talk about my  
feelings and stuff sometimes.



Me too. Who do you talk to?

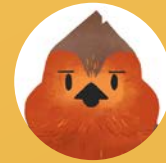
Depends how I'm feeling.  
Maybe my uncle or a teacher  
at school.



Oh, and guess what? My mum  
has a new boyfriend now!



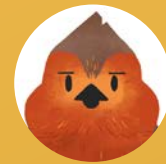
That must be a bit weird!  
Is he nice though?



Yeah, he is actually. He even  
plays Playstation with me  
sometimes.



Oh wow, that's cool!



Yeah, he's pretty good for a  
grown-up!



Haha 😂



**If your parents are separating and you feel like you need someone to talk to, you can call Childline or visit their website for help.**

**Call 0800 1111 or go to [www.childline.org.uk](http://www.childline.org.uk)**

**Don't worry - you're not alone.**



Story by Rusty Monkey

Contact NACCC today to find out how we can  
help you and your family

w: [naccc.org.uk](http://naccc.org.uk) | e: [contact@naccc.org.uk](mailto:contact@naccc.org.uk) | t: 0115 948 4557 | @nacccofficial f 



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