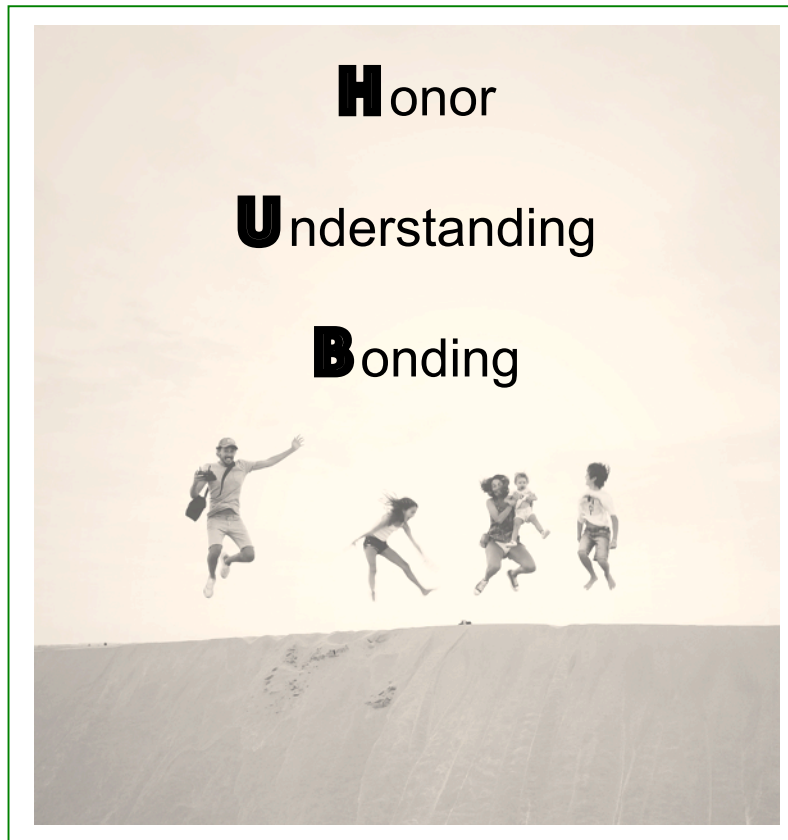


the

# **HUB** HUDDLE

## WORKBOOK



How to Talk to Your Children  
about Divorcing

A step-by-step guide to create a meeting for childrens' well-being

## ***Your children need a narrative.***

This workbook walks you step-by-step to create an age-appropriate and constitutionally appropriate narrative, and a family meeting in which to share it.

It is suggested that your "**HUB huddle**" be included on the list of things to do.

- Parenting Plan
- Child Custody
- Assets/Debt Division
- Education, Religion & Medical decisions
- HUB huddle with kids

### **the HUB HUDDLE IS**

a family meeting -"huddle"- you design, plan and implement together with your divorcing (or separating) partner.

### **Your HUB HUDDLE fosters:**

**Honor** - *providing foundational emotional safety for the children*

**Understanding** - *transparent information via a narrative that make sense to the children regarding the hows and whys of your family re-organization*

**Bonding** - *creating a sense of "team" with the children, both intellectually and emotionally*

### **A HUB HUDDLE looks like:**

A family meeting, on the porch or in the living room, the product of doing this workbook. That meeting provides accurate, appropriate and emotionally supportive information from parents to child(ren). Your **HUB Huddle event** will feel casual,

while also focused and attentive. Gentle, while pointed and intentional. In addition to pre-outlined talking points, it also includes a family activity, and may be followed with a fun outing.

### To create your **HUB HUDDLE**:

This "HUB Huddle" workbook requires about 45-60 minutes of applied time to complete. One could complete it in a few days, or a few weeks. It is recommended that parents complete this workbook and implement the Hub Huddle event within approximately 4-weeks time.

Note that the workbook exists to help any parent get over the feeling of not knowing what to do, or to flesh out thoughts and details prior to talking to the kids, with support. No one has to do a perfect or complete workbook, or even do it at all. You can use this as you see fit.

But, no matter what, do meet with your child(ren) together for a designated and suitable amount of time to tell them the things that you know in your heart they need to hear. And know that just the simple act of doing this, intentionally, as parents with your child(ren) provides them something invaluable, that will last their lifetime.

### The Pre-school version of **HUB HUDDLE**

....is doing this workbook and then crafting a story-book. Using your articulated narrative, via this workbook, you will use craft such as simple collaging and lamination to bind a homemade story-book for your child(ren).

## NOTES FOR YOUR PROCESS

- If you need additional writing area, use the back of any page. However, it is also suggested that you lean toward **being succinct in your articulations**. Part of the goal of the workbook is to have titles and topic sentences that make sense to children, so one aim is to say what is needed in as few words as possible.
- If you want to consider getting more personal guidance to complete the workbook, the author, **Keren Abrams, is also available for Consultation & HUB Planning** sessions by video conference with you. Contact via [www.kerenabrams.com](http://www.kerenabrams.com)
- **The degree to which two parents collaborate the process** (workbook) and product (your HUB Huddle meeting) will be determined by the two of you. One excellent option could be to employ your Mediator to work through this process with both of you. What is most important is to **first agree that this event is valuable and meaningful for your family** at this time.

**If you decide to do the workbook separately**, suggested steps are :

1. A date/place for the HUB huddle is planned together. A date for workbook completion is also agreed
2. Each of you works in your own way and time through the workbook, solo, until complete
3. You both discuss who will lead which part of the outline or how you will take turns
4. Figure who will prepare and bring which "props" based on the lists you each generated

**If you decide to do the process and event together**, suggested steps are :

1. A date/place for the HUB huddle is planned together. A date for workbook completion is also agreed
2. Each of you works in your own way and time through the workbook, solo, until complete
3. Two parents meet and coordinate scripts, folklore and outlines into one coherent articulation. You also agree who will be the "focalizer" (or lead) of each segment.
4. Figure who will prepare and bring which "props" based on the list you generated and coordinated

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## 1. Clarifying Intention



## 2. Setting the Family Folklore



## 3. Outlining your HUB Huddle



## 4. Reflections

