



—interview with Dr Craig Hunt

Over the last decade Craig Hunt has devoted his time to offering life lines to children caught in the wake of divorce. The facts are startling and we must under no circumstances belittle the impact divorce has on children and the

act to a family breakup, however I can point to statistics that show us divorce is 10 times more traumatic for the children than it is for the parents. Children will cope differently when faced with this trauma. Indicators are:

- Regression (acting as) a baby, bedwetting,

the child's war! They will not feel the same way one spouse will feel towards the other. They must not be expected to choose sides and most importantly their parents must never break the other parent down in front of the child and especially not in public.

No matter how difficult it may be the fact remains that both parents have a responsibility to parent their child and this will require them leaning strongly towards an amicable relationship for the sake of the child. The less post-divorce stress the better. It is highly recommended to get assistance for your child in the form of counselling, particularly that is age appropriate.

Why did you develop the 'Divorce Safari' game?

Communication generally suffers during times of trauma and children will not easily unpack their feelings to a parent who is already on an emotional rollercoaster. Objective input is vital and it is with this in mind that the 'Divorce Safari' board game was created. Having served as a Children's and Youth pastor for several years, attained a

child psychology degree and then a doctorate on Family Development, I realised the core issues that need to be addressed in the lives of these children.

The game focuses on assisting counsellors and parents with gaining insight into the child's world in a non-threatening way. While playing this game, you will find out hidden issues that will be of benefit to any parent, teacher or counsellor. This aids you in dealing with issues outside of the game.

How does the board game work?

Divorce Safari is broken up into three main areas: the Board Game (for parents and teachers), the Activity Book Group sessions (churches and counsellors) and Divorce Safari Ultimate (a floor mat version of the game 3.5x2.3 metres with activity pack suited for use by schools, churches and counsellors). The game focuses on six animal characters that have all undergone a character change, having been through everything the children may face (the animals are all from divorced families).

Practically, how does it help children deal with divorce?

Being part of The Divorce Safari programme, be it playing the game or being part of the group work, allows children to discover that they are not alone in what they are facing thus allowing children to feel less isolated.

The activity book group work is best suited towards primary school children while the board game can be used as young as four years old. Children are encouraged to project through the character they become during the game play. Topics covered range from Marriage - the Correct Recipe, to My Grief and Losses, to Attitudes to Dreaming Again and so on.

By making use of fun activities, games or the board, children are exposed to alternative ways of thinking, acting, feeling and dealing with what they are facing. The board game can be played over and over as children will face different issues surrounding the divorce as they get older. It is truly a journey toward wholeness.

Who would use this game?

Because Divorce Safari has a few different aspects to its programme, it caters for a large group of adults that carry concern for children of divorce, adults that want to see the future of a broken child restored. Parents, grannies, teachers, aunts, counsellors, psychologists, or just anyone wanting to make a difference, will use this game.

Cost and contact info

Making an investment into the life of a child is priceless and Divorce Safari is truly an investment into the lives of those broken as a result of divorce. It's about paying forward, investing in their tomorrow by bringing a difference today.

- The Divorce Safari Board Game sells at R380 excl postage
- The Divorce Safari Group Sessions sells at R1990 excl postage (this is a multimedia CD for your pc containing all the material and a unique copyright number giving you duplication rights. Training is essential with this option)
- The Divorce Safari Ultimate sells at R4500 excl postage (this includes a game floor mat 3.5x2.3mtrs and Activity Pack – Story Book, Manual etc. Training is highly recommended with this option).

For further information or for any questions you may have see www.divorcesafari.co.za to download samples or to find further info on the products on offer or call Craig on: 082 954 4309

Children are dramatically affected by divorce, and often parents, teachers and counsellors don't know how to reach these kids. 'Divorce Safari' is a board game to help!

generation they represent. With statistics looming over us, Craig developed a programme that would identify specific issues a child may be facing at that point in time.

Using the 'Divorce Safari' programme, Craig offers children tools to assist them in understanding, coping and dealing with the various issues that have or may arise in future. JOY! spoke to Craig about his unique concept-game.

What symptoms identify a child struggling with divorce?

I cannot stereotype the way a child will re-

- thumb sucking...)
- Depression, anger (hurting siblings or other children at school)
- Anxiety, fear, insomnia, withdrawal
- Denial is also a symptom - all may seem perfectly well, school marks will actually increase - but this is just a coping mechanism in a desperate attempt to try control some part of their out of control life.

How can parents help their children cope with the trauma?

One of the greatest points to be remembered, by both parents, is that this is not



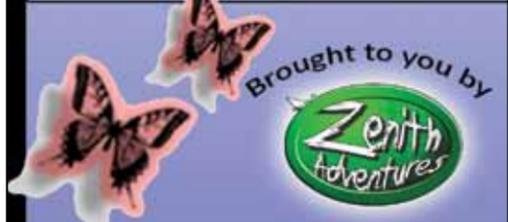
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