



Parental Separation Challenges: INSIGHTS FROM the Transnational Report of the SAFE SPACE ERASMUS+ PROJECT

ROMANIA

RECENT TRENDS

74% of divorces
occur in urban
areas

- One of the lowest official divorce rates in Europe
- Divorce rates increased after the 1990s social and economic transition.
- Since 2019, official divorces have slightly declined.
- Around 20,000–23,000 divorces are recorded annually, compared with about 30,000 before 2019.

Romanian society is undergoing a gradual transition. While acceptance of parental separation is increasing, traditional beliefs about lifelong marriage, parental sacrifice, and family unity continue to shape how separation is experienced.”

What the Research Revealed

Children

Children feel:

- visible sadness, anxiety, anger and confusion
- agitated or impulsive
- pressure to choose sides

Children

Children need:

- emotional safety, stability, repeated reassurance
- the family to remain together
- to feel connected to both parents.
- more support especially in moments of transition and uncertainty.



PARENTS & PROFESSIONALS NEED MORE SUPPORT

Parents reported:

- feeling emotionally overwhelmed while trying to support their children
- limited cooperation between co-parents, making it harder to provide stability
- uncertainty about how to respond to children's emotions, questions, and behavioural changes
- a lack of practical guidance and communication tools for discussing separation with children
- needing support to manage their own emotions before they could effectively support their child

Professionals reported:

- Parental separation is a common issue in daily practice.
- Children are often caught in parental conflict and loyalty dilemmas.
- Limited time, resources, and institutional support hinder effective intervention.
- Need for practical training, communication tools, and clear support protocols.

CHALLENGES IN THE SUPPORT SYSTEM



- Limited access to specialised services
- Lack of integrated support systems
- Absence of clear protocols and guidelines
- Legal and policy limitations
- Time and workload constraints
- Under-recognition of separation as a critical transition