

Simple Suggestions For Divorcing & Separating Parents

How to Reduce the Impact of
Your Divorce on Your Children



It is important to help your children through this difficult time.

1. Be direct, honest, and brief with them about the situation.
2. Assure your children that it is not their fault.
3. Be clear about plans and stick to them.
4. Be consistent with discipline.
5. Don't use your child as a friend or therapist.

Show your children cooperation, not conflict. Parental conflict injures children.

6. Don't fight in front of your children. Instead, work to cooperate.
7. Don't ask your children to carry any messages to the other parent.
8. Don't ask your children to keep secrets.

Children need a healthy relationship with both parents.

9. Support each child's relationship with the other parent. Don't intrude.
10. Don't criticize the other parent to your children. Instead, support them.
11. Don't ask questions about the other parent.
12. Don't ask your child to choose between parents.

Get help. Dealing with a divorce or separation is stressful and difficult for everyone. You don't have to face it alone.

Even if you are **not** separating or divorcing, these suggestions may be helpful in parenting your children.



Please note: Every child and family is different and some of these suggestions may not be appropriate for everyone. If you feel that the other parent is abusive to you or your child, seek professional help.



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