

Divorce/Separation

Parents there are things that you can do to help your child through the divorce/separation period. Remember your children are also going through the grieving process, just like you. Grieving the loss of their family as they once knew it.

*Lots of things will be changing in your child's life, try to keep things as consistent, and routine, as possible for your child.

*Allow kids to only have to worry about "kid worries". Ex. They don't need to know that you don't have enough money to pay the bills this month. Or something like "because I have to pay (the other parent) child support I can't afford to enroll you in soccer."

*Please do not talk negatively about the other parent in front of your child. Even though you do not love that person any more, your child still does. Trying to pit your child against the other parent is not ok. You are only hurting your child by doing this.

*Please do not put your child in the middle requesting they deliver a message to the other parent.

*Do not argue with the other parent in front of your child. This can be very upsetting, and scary for your child.

*Listen to your child's feelings, and make sure they know it's okay to share their feelings.

*When kids ask questions, tell the truth in age appropriate ways. They don't need all the gory details.

*Remind your child that he or she is very loved and never has to choose one parent over the other.

*Remember that transition times (going to visit, or live with the other parent for a few days to a week) are extremely difficult for your child. They will

have a tendency to act up a day or two before the transition and also a day or two afterwards. It is stressful when a child gets comfortable living with a parent and then they have to shift gears and go live with the other parent for a period of time. Just as they are getting used to that living arrangement they have move back in with the other parent. This is an extremely difficult decision to make (living arrangements) for your child, but please remember it is about your child and not about you.

Books for kids:

Dinosaurs Divorce

By Laurene Krasny Brown and Marc Brown

Daddy Doesn't Live Here Anymore

By Betty Boegehold

Dear Daddy

By John Schindel

Mama and Daddy Bear's Divorce

By Cornelia Maude Spelman

I think Divorce Stinks

By Marcia Lipman Lebowitz

When My Parents forgot How to be Friends

By Jennifer Moore-Mallinos