

## Divorce Tips For Kids

- Don't let your parents talk badly about each other in front of you. Tell them that you love both of them.
- Remember that it's not your fault that your parents argue. They are trying to work out their problems the best they can.
- Call or write your parents when you miss them.
- It's normal to wish that your parents will get back together, but that is out of your control. Instead, plan to do more fun things with your parents when you have them to yourself. Tell them how you feel.
- Remember that it's okay to feel angry with your parents. It's just not fair. However, it's not okay to be mean or disrespectful to them. Write in your journal or talk to someone to get out your anger.
- Don't let your parents use you to deliver notes, checks or messages. Instead, tell them to call, text, email, mail or talk directly to each other.
- Obey your stepparents. Even though they aren't your mom or dad, you still need to respect and obey them. It's normal if you feel jealous of them at first.
- Remember that most kids feel sad, angry, jealous, and confused. But don't stay that way, talk to someone you trust.



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