

Divorce Tips For Parents

- First, just like there is no perfect marriage, there is no perfect divorce. You will both make mistakes.
- Both parents need to sit down to explain to the child(ren) that the family will be changing, but that both parents still love them very much. Reassure them that they will still be able to see both parents.
- Don't talk badly about the other parent in front of your child(ren). They need to love both of you.
- Remind children that the divorce is not their fault.
- Divorce affects children for the rest of their lives. Even though there might be a sense of relief, your child will also feel sad, disappointed, confused, curious, embarrassed and angry. Remind them that it's okay to have these feelings about the changes. However, it's not okay to be mean, disrespectful or disobedient to either of you. Encourage them to write in their journal, talk to you or someone else they can trust to express their feelings.
- Don't use your children to deliver notes, checks or messages. Communicate directly with each other. Call, text, email, or mail each other instead.
- Have a calendar at both homes, so children know the visitation schedule.
- Never stop visitation because of arguments or missed child support payments. This is not fair to the child(ren). They need both parents.



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- Allow children to have photos of the other parent at your house. It's natural for them to miss the parent who is not present. Also, let them call the other parent when desired.
- Visit your child at school for lunch, attend PTA events and parent-teacher conferences.
- Share report cards and progress reports with both parents. If needed, ask the teacher directly for this.
- Remember that even though nearly 50% of first marriages end in divorce, over 80% of second marriages end in divorce. Many people rush into relationships as a way to numb their pain, loneliness and rejection. Get help to identify how you want to change before getting into another relationship. You and your children deserve it.
- Don't interrogate your child about what they did while they were with their other parent.
- If you decide to date, don't allow your child(ren) to meet them until you are serious. Your children don't need more disappointment from relationships that don't work out. Instead, they need you.
- Never use your child(ren) as a way to meet people to date.
- If you remarry, make sure that your child obeys their stepparent. However, your new spouse should not be the disciplinarian. It's normal for your child to feel jealous, since they are receiving less of your sole attention. Remind them that you still love them and that your new partner wants to get to know and love them too.

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