

Hints for Parents and Children in Divorce

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1. The divorce or breakup is NEVER the child's fault or responsibility.
2. Children need to be reminded that grown-ups have problems too, and sometimes grownups don't know what to do.
3. At one time, their parents loved each other enough to get married. Now, the feelings have changed and your parents don't want to be together anymore. Remind children that sometimes their friends change too and their feelings change about their friends.
4. Empower your children to tell a parent that they are sharing too much with them. Don't share grownup issues with your children.
5. Never "put down" ex-spouse. Your children can decide for themselves how they feel about their parents.
6. Listen to your children. Words, behaviors and emotions
7. Don't isolate your child from other parent. Encourage your children to spend time with their other parent. Set up regular visits. Often times "spontaneous" visits causes stress/anger.
8. Relationship issue between adults needs to stay between adults.
9. Keep appropriate boundaries, sexual, dating. Remember when dating, that your child may have difficulty seeing you with another/different adult.
10. Listen to your children's feelings and concerns, but help if you need to.
11. Children learn about love, intimacy and relationships from their parents. They also learn about problem solving, managing feelings (anger, sadness) and trust. What are you teaching your child about relationships? Chances are they will grow up and do what you do.