

Families In Transition- Handling Separations, Divorce & Loss

Divorce, Separations & Loss can be a difficult and confusing experience for anyone. Disappointment, anger and frustration with the sense of loss coupled with the anxiety over the fact that the parent must raise their children separately provide a stressful situation at the very least. Parents can take steps to minimize the impact of these emotions.

- Recognize the anger children feel about the divorce. Allow the child to feel and act out that anger through positive expression.
- Let children know that the separation or divorce is not their fault or the result of something they have done wrong.
- Encourage children to express their feelings. As a parent it is your responsibility to acknowledge those feelings as being valid.
- Look at extended family and friends for support and allow them to help you form a new family structure that works for you.
- Talk openly with your children. Keep children informed about what is going on, but don't let children know about a separation or divorce until you have made the decision to separate.
- Answer questions as honestly as possible in a language they can understand.
- Reassure them that both parents still, and always will love them.
- Always avoid criticizing and arguing with your former spouse in front of your children. It is not healthy for a child to hear negative comments about parents. The child simply sees an argument as a form of

disrespect for one another. Parents are role models for their children. Arguments show children how to solve problems unproductively without compromise.

Information retrieved from LocalMom.com

Website: www.parenting~qa.com/cgi-bin/detail/divorce/