

PARENTS, CHILDREN & DIVORCE TIPS

Separation of parents or divorce in a family can cause distress to all family members. Divorce can be a traumatic experience for children, but most children adjust well within two years. Children often have more problems when parents remain in a marriage filled with high conflict instead of splitting up. You can help your child and yourself by following the following tips:

- Keep open communication with the children about the family changes.
- Be patient - children will ask many questions.
- Do not involve children in arguments.
- Do come up with a plan together and jointly present to the children.
- Children do better when they maintain close contact with both parents.
- Tell children they are NOT responsible.
- Children do not need to take sides.
- Respect the relationship with the other parent.
- Keep your child's daily routine as unchanged as possible.
- Fantasies about parents' reconciliation are normal.
- Keep yourself physically and mentally healthy – eat, exercise, sleep.
- Do not hesitate to seek out support for the children and yourself.

Discuss with your physician

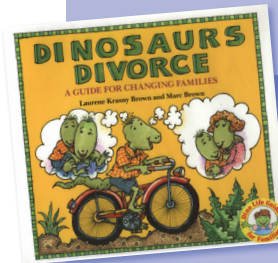
or contact us:

Call Center (239) 658-3123



www.FSUSTRESS.org

HELPFUL RESOURCES TO SHARE WITH YOUR CHILDREN:



DINOSAURS DIVORCE

AGES 3-6



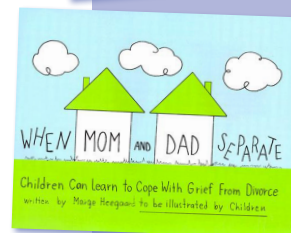
MY LIFE TURNED UPSIDE DOWN, BUT I TURNED IT RIGHTSIDE UP

AGES 4-10



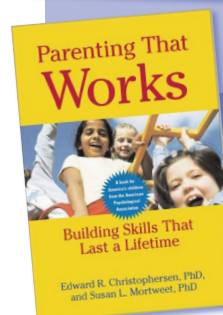
WHAT CAN I DO?

AGE 9 AND UP



WHEN MOM AND DAD SEPARATE

AGE 9 AND UP WORKBOOK



PARENTING THAT WORKS

FOR PARENTS