



## **What parents can do - helpful tips about divorce**

- 1. Tell the children about the divorce. Be honest and frank with them.**  
Helping your children understand your divorce may be the most difficult task as parents.
- 2. Let the children know that both parents still love them even though living apart.**  
Children of divorce often feel lost. They need assurance that they will be loved and cared for even after their parents separate.
- 3. Learn to talk with your divorced spouse about matters concerning the children.**  
Although divorce ends a marriage, it should not put an end to the family.
- 4. Try to understand your own feelings and how to cope with them.**  
Divorce has the potential for personal growth. It need **not** be emotionally destructive.
- 5. Help your children handle their feelings.**  
Children react differently. The kind of help they need varies with their age.
- 6. Think about the good things you shared in your marriage.**  
This can help overcome bitterness, which often accompanies divorce.
- 7. Be punctual and faithful to your schedule and appointments.**  
Children are hurt by broken promises.
- 8. Tell the children only what they can grasp and understand.**  
It is difficult for parents to know what to say and when. Consider getting some professional help if you feel you can't do it alone.
- 9. Avoid saying unkind things to the children about the other parent.**  
Children should be free to form their own opinions. They should be encouraged to see the good in each person.
- 10. Don't use the children to spy on the other parent's activities.**  
Children should not be used as a messenger for information.
- 11. Keep the children out of your own fighting.**  
Children should not be caught in the middle.
- 12. Try not to be a Santa Claus.**
- 13. Remember that you can't buy your children's affection.**  
The best gift is yourself; your time and your love.
- 14. Don't involve children with your dates or new partners.**  
Children need time to adjust to the separation of their parents before they can be expected to accept new people in their parents' lives.
- 15. Seek professional help if your problems become more than you can handle.**