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.