



We've helped clients and their children cope with the pain of divorce for over 27 years. In that time we've learned a few lessons we'd like to share.

A Child's Perspective of Going Through Divorce

- 1.** Don't put me in the middle. If you need to talk to each other, please do it by yourself.
- 2.** Don't make me take sides. You may not have a husband/wife anymore, but I still have a mom/dad. When possible, tell me something positive about my parent.
- 3.** Unless there is an abusive situation, allow me to have access to both parents. Take this into account when you are deciding where to live.
- 4.** The better you get along with each other, the better I will be able to cope with the divorce.
- 5.** Ask me how I am doing and what I need. Even though you are going through your own loss, I need help talking about what is going on.
- 6.** Try to keep everything else in my life the same. It is stressful enough to lose a parent to divorce, but even tougher to move to a different school, a new neighborhood, and a new home.
- 7.** Remember that I am your child. Although you have gone through a divorce, my role is not to replace your spouse or be a friend. Continue to treat me as your child.
- 8.** If you need to talk to someone about what you are going through, find a friend or a therapist. It's too much for me to carry your burden as well.
- 9.** No matter what my age is, this is still a loss for me. I may show my grief in many different ways, including anger, depression, anxiety, or acting out behavior. Please get me help if I am having difficulty.
- 10.** I long for continuity, routine and tradition. Although our family has changed, keep as many traditions and routines as possible.

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