

Kids Inc. KC

A Safe Space for Healing

"THE RULES" (FOR PARENTS WHO ARE DIVORCED) or, " Six ways to make it easier on your children"

1. Remember that you are divorcing each other however, you are still "married" to your children. Another words, you are both parents and a divorce will not change that fact. Make sure your children know (and are told) that the divorce is NOT their fault. Continue to co-parent and put your children's needs first.

2. Keep the love alive-Again, this pertains to your kiddos. Show them love and attention, spend 1-1 time with them. Continue traditions/or start new ones. Try to keep their daily routines as consistent as possible.

3. Let them be kids...and eat cake sometimes-When your child sees you sad/mad, they may feel the need to take care of you. Although it is okay to show emotions (not an emotional breakdown), it is not their job to make you happy. Also, cut them some slack while they are adjusting to the divorce (which may also mean a new house, new school, new friends...).

4. Keep adult conversations between the adults: Little ears are always listening, even if you think they are in the other room. Court, child support, money, who did what to whom....not their problem, and should NOT be part of your conversations with them.

5. Your children don't work for the post-office or the CIA: Don't ask your children to be a messenger for you. It is not their job to "tell Mommy/tell Daddy" whatever it is that you are wanting them to pass along. Also, don't interrogate them about what is going on in the other parents home.

6. Don't bash your ex! I cannot stress how important this rule is, to your child's development and how they will handle the Divorce. You will only succeed in building resentment and anger, by doing so. Basically, you are telling your child that the person who they have loved/who raised them/their own blood is a "bad" person. Which can lead the child to believe that they also harbor those negative qualities. If you must "bash"....find a friend, write in a journal or better yet, seek out the help of a professional. All you are doing, is hurting your child!

*Please remember, it is not "Divorce" itself that hurts children (although certainly, it is a very difficult time in their lives), as much as it is "how it is handled" that helps to predict successful adjustment.

*Disclaimer: Families who have experienced abuse/neglect follows a different set of rules.

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