

Ten Truths for Divorcing Parents

1. Children can and do cope with divorce. The better you as parents handle the process, the better your children will do.
2. Children who are shielded from parental conflict have the most successful outcome.
3. Research shows that the divorce itself isn't as harmful to children as the interruption of parenting time.
4. It is harmful for your children when you make them the messengers between parents.
5. It is normal for children to hang on to fantasies of reconciliation. It is important for parents not to contribute to these fantasies.
6. Badmouthing the other parent in front of your children is extremely damaging to them.
7. Parents must find their own sources of support during the divorce and thereafter. You cannot expect your children to fill this role and in fact it is damaging to them.
8. Child support is not payment for parenting time.
9. There are many good resources (books, support groups, classes, counseling etc.) available to adults and children. It is in your best interest and the best interest of your children to make use of all the resources you can find.
10. With divorce, the relationship you have with your children's other parent changes from a marital relationship to a co-parenting relationship. While you are no longer married to each other, you will always be connected at some level through your children.