

## Children and Divorce

Are you currently going through a divorce or separation? Do you have children? If so read on.

Life as children know it changes the moment parents split up. The divorce is a loss for your child so expect them to respond to the loss in some way. Perhaps it seems impractical, but reassure the child that both of you are still their parents and that doesn't change.

Perhaps you have to move to a new residence. Try to turn it into something positive for the child/children. For example, it is an opportunity to make new friends and they can still stay in touch with their old friends. Consider the changes in their life and try to turn the situation into a positive one for them.

More often than not parents agree to a visitation plan for the children. Sometimes it is weekend visitation, other times it is a 50/50 split custody. Depending upon the age of the child take their opinion and wishes into consideration. Make the visitation flexible enough to change in frequency and duration to accommodate the child's needs as they grow older. Also, consider that the visitation that works for you the parent may not necessarily be what is best for the children. Thus, you may have to consider some disruption to your routine and schedule to work out visitation that is best for the child and his/her needs.

Even though you are separating the child can still adjust and do well as long as he/she has the emotional support and involvement of both parents. As a parent, you may also need to address your own feelings of loss and anger regarding the separation and visitation schedule. If so, please contact us to make an appointment to discuss these issues.