

# How Can I Support My Kids as I Go Through a Divorce?

Children are very resilient. However, it is important to communicate to the child that they are not responsible for the separation or divorce. Always refer to your former spouse in a positive way and affirm to the child that both parents love them and want to spend time with them.

Be aware that a child's behavior is often their form of communication. Just as you may be grieving the loss of relationship, your child is also experiencing loss of their family members, routine, school, friends, etc. You may notice that your child is disruptive, sad, angry, isolating, or disrespectful.

If your child gets stuck in the grief process, they may benefit from a support group or professional counseling.

Do not discuss anything about the partner's behavior or details of the separation. This can often put the child in an adult role, where they feel the need to repair the family.

## Other Resources

- *Dads House, Moms House: Making Two Homes for Your Child* by Isolina Ricci
- *Hope No Matter What: Helping Your Children Heal After Divorce* by Kim Hill
- *Helping Children Survive Divorce* by Dr. Archibald D. Hart
- *When Happy Ever After Shatters: Seeing God in the Midst of Divorce & Single Parenting* by Sue Birdseve