



## **THE ABCs OF GETTING YOUR CHILD THROUGH DIVORCE**

- A. NEVER force your child to take sides or involve your child in an argument.
- B. Do not argue or criticize your ex-spouse in front of your child.  
If your child does over hear an argument, explain that sometimes people say hurtful things when they are mad and there are better ways to express your feelings. Begin with discussing your concerns with your former spouse outside the presence of your child. It is counter-productive to involve them in your disputes.
- C. Respect and support the relationship your children have with the other parent.  
It is important to let your children express their love to both parents and spend time without feeling guilty. Regularly tell your child that both parents still love them even though they may be living in separate homes.
- D. Your children know more than you think they know.  
Make sure you talk freely, openly and regularly with them.
- E. Be open and listen carefully and understand their point of view.  
Let them express their feelings without feeling guilty about do so and do not over indulge them.
- F. Be frank and open about what is going on in the divorce without giving them unnecessary information.
- G. Explain to your child that it is not their fault and they cannot fix the problem.
- H. Do not blame the other parent which will ultimately lead to alienation of affection.
- I. Provide healthy boundaries for the child so they do not become codependent.
- J. Create a schedule that is consistent which will lead them to a psychologically and physically safe harbor.  
Children thrive on routine even if it is an equal access schedule where the children are spending equal time in each household.

We understand that family matters. If you are involved in a similar case, you deserve to talk to an experienced Phoenix family law attorney. Contact Craig Simon for more information: 480-745-2450 or email [craig@simonlawaz.com](mailto:craig@simonlawaz.com).

<http://www.foxnews.com/imag/Love/10+Tips+To+Help+Your+Child+Transition+Throug+h+Divorce>