

Please don't ask us to choose sides. Please don't say bad things about our other parent. All we want to do is be

kids. We love and need both of you. We know you are hurting, scared and upset.

Please don't tell us details about the divorce that we don't understand or need to know. We aren't your messenger. Don't make us feel disloyal because we enjoy being with our other parent.

# How to Help Children through Divorce



**Help Your Child Express His or Her Feelings**

- Let them be honest.
- Be available to listen.
- Let your child be creative by drawing pictures or writing a story
- Legitimize your child's feelings

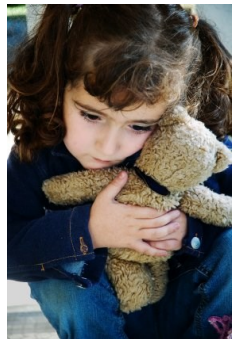
**Clear up Misunderstandings**

- Reassure your children that the divorce is not their fault



**Your child is not...**

- A Spy: Do not try to divulge information out of your child.
- A Weapon: Children need time with both parents. It is unfair to restrict their access to the other parent.
- A Messenger: Speak to the other parent directly. Do not use your child to send messages.



**RESOURCES**

[http://www.helpguide.org/mental/children\\_divorce.htm](http://www.helpguide.org/mental/children_divorce.htm)  
[http://www.aamft.org/families/Consumer\\_Updates/ChildrenandDivorce.asp](http://www.aamft.org/families/Consumer_Updates/ChildrenandDivorce.asp)  
[http://www.childtrends.org/Files/03-Co-Parent\\_Compilation.pdf](http://www.childtrends.org/Files/03-Co-Parent_Compilation.pdf)

*Families are Magic*

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