

Coping with Divorce



Solution
Based
Casework

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1. Studies have shown that the child experiences less conflict if the parents **try very hard to never say anything bad about the other parent** in front of the child.
2. It is helpful to **assure the child that the divorce was not their fault** and provide an explanation that the child can understand (i.e. Mommy and Daddy just couldn't get along and argued too much.)
3. Parents will want to **frequently assure the child that both parents love them** and will always be involved in their life.
4. Parents find it helpful to the child to **discuss how the child's basic needs will be met**, giving examples for the child to better understand.
5. It is not unusual for parents going through a divorce to **seek professional counseling or support groups**; it is a good time to get ideas from other people.
6. Parents want to **avoid using the child as a "weapon"** or means of getting back at the absent parent, even if the other parent does so.
7. It is important to **go slow when including others into family activities**. Children may need to be assured that even if you or their other parents should re-marry there will always be enough love to go around and they will always be a part of the family.
8. Parents will want to **remind the child that it is okay to feel sad**.