

### **13-Tips to minimize the effects of divorce on kids**

#### **Do:**

- Make sure the kids know they are loved by both parents.
- Encourage extended family and friend relationships on both sides of the family.
- Provide consistent rules/expectations at both homes to maintain security for the children.
- Give yourself and your children time to heal (don't date the first year of your divorce).
- Determine that the children are more important than battling adult issues with your ex.

#### **Don't:**

- Don't fight in front of the kids or speak poorly about your ex: it hurts your kids.
- Don't use your children as messengers or spies relaying info.
- Don't talk about "good parenting/bad parenting" in front of your children.
- Don't make your children have to choose, defend, or stand up for a parent.
- Don't discuss adult issues with kids (like child support, debt, relationships, or affairs).
- Don't make your children feel guilty when they are with the other parent.
- Don't try to "buy" your kids' affection; they need you and stability, not stuff.
- Don't make promises you can't keep.