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.