

# Creekside Psychology Ltd.

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## GUIDELINES FOR PARENTS DURING SEPARATION AND DIVORCE

The following suggestions are made to help you and your children throughout the collaborative process and beyond:

- 1. Children come first**  
Think first of your children's present and future emotional and mental well-being before acting. This may be difficult, because of your own feelings, needs and emotions, but try, try, try.
- 2. Keep a Positive Attitude**  
Maintain your own composure and good emotional balance as much as possible. In talking to yourself, verbally and in your thoughts, remember, it is not the end of the world. Laugh when you can and try to keep a sense of humor. What your children see in your attitude is, to some measure, reflected in theirs.
- 3. Time heals all wounds**  
Allow yourself and your children time for readjustment. Convalescence from an emotional operation, such as a dissolution of marriage, is essential.
- 4. Be a Selective historian**  
Remember the best parts of your marriage. Share them with your children and use them constructively.
- 5. You are not Alone**  
Assure your children that they are not to blame for the break up and that they are not being rejected or abandoned. Children, especially the young ones, often mistakenly feel they have done something wrong and believe that the problems in the family are the result of their own misdeeds. Small children may feel that some action or secret wish of theirs has caused the trouble between the parents. Explain to them that there are other children whose parents have been divorced and that they are not going to lose their mom or dad.
- 6. Let go of your anger**  
Continuing anger or bitterness toward your spouse can injure your children far more than the dissolution itself. The **feelings** you show often are more important than the **words** you use.
- 7. Respect your ex**  
Refrain from voicing criticism of the other parent. It may be difficult, but it is absolutely necessary. For a child's healthy development, it is important for her or him to respect both parents. Remember your children are part of each of you and to criticize your spouse is to criticize half of your child.
- 8. Leave the children out of it**  
Do not force or encourage your children to take sides. To do so increases frustration, guilt and resentment.

9. **Be Honest with your children**  
Ending a marriage often leads to financial pressures on both parents. When there is a financial crisis, the parent's first impulse may be to keep the children from realizing it. Often, they would rather make sacrifices themselves than ask the child to do so. The atmosphere is healthier when there is frankness and when children are expected to help.
10. **Respect your child's emotions**  
Marriage breakdown is always hard on the children. They may not always show their distress or realize, at first, what this will mean to them. Parents should be direct in telling children what is happening and why, in a way a child can understand and digest. This will vary with the circumstances and with each child's age and level of understanding. The worst course is to try to hush things up and make a child feel he/she must not talk or even think about what he/she sees is going on. Unpleasant happenings need an explanation. This explanation should be brief, prompt, direct and honest.
11. **Be consistent**  
The guilt parents may feel about the marriage breakdown may interfere in their disciplining the children. Children need consistent control, guidance and boundaries. They also need and want to know quite clearly what is expected of them. Parents must be ready to say "No" when necessary.
12. **Nobody is Perfect**  
Admit the fact that you are only human. You will not be able to be the perfect parent (no one ever does - in good or bad times). When you make a mistake, acknowledge it and resolve to attempt to improve day by day.
13. **Communicate, or wait**  
Understand the importance of shielding the children from the negative impact of parental conflict. If either parent becomes uncomfortable during a face to face or telephone discussion, rather than letting the discussion escalate into an argument, that parent should state his or her discomfort and have permission to end the discussion without further explanation. Both parents should understand this may include hanging up the phone if it is a telephone discussion. The parent terminating the discussion should re-contact the other parent within 48 hours to continue the discussion.
14. **Read and repeat**  
Read and reread these basic suggestions. Add to them by writing down your own constructive, positive approaches to the handling of your new way of living. Discuss, when practical, your thoughts and feelings with other people you trust and feel comfortable with and benefit by sharing their positive attitudes.

Taken from: Collaborative law, A Training for Family Law Attorneys,  
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