

How to Raise Children Through a Divorce

There are **two main rules** to help children with parents that are divorced or going to be divorced:

1. Never burden a child with a situation that they cannot control.
2. Do not ask a child to deal with adult situations.

Remember that **the child is not an adult** and does not have the same capabilities to reason and understand as adults.

Children of divorce will be **happy and healthy** if we provide:

- Acceptance
- Assurance of safety
- Freedom from guilt or blame for the divorce
- Structure
- A stable parent

Children of divorce need to **avoid situations** that include:

- Sabotage or being a "pawn" for adults
- Using the child for information
- Adult feelings "rubbing off"
- Choosing sides
- Treating the child like an adult
- Over-indulgence