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Helping Kids Cope with a Divorce



Since about 1 out of 2 marriages in the U.S. end in divorce, many American children are affected by divorce each year. Those kids often feel trapped in the middle as the family splits up. If mommy and daddy don't love each other, they wonder, do they love me?

Anger, fear, separation anxiety, a sense of abandonment, sadness, and embarrassment are common reactions for most children. Some children may feel they are to blame for the divorce.

During the first couple of years after a divorce, your stress may get in the way of your ability to parent well. You can help make sure your children have a healthier transition when you:

[Read more...](#)



This Month's Webinar

Helping You and Your Child Adjust to Divorce

It's no surprise that the breakup of your marriage is tough on your child no matter their age. Supporting them as they react to your divorce, while also managing your own feelings, can be challenging. In this session, we will learn how to lend comfort – not confusion – to an already difficult situation and at the same time, help you manage your own feelings and anxiety. We will discuss how to adjust new living situations and effectively communicate with your ex-partner. The concrete tools, strategies, and supportive resources you'll gain during this session will help both you and your child to thrive throughout the divorce process and beyond.

[Log-in](#) any time this month to watch the webinar!