# HELPING YOUR CHILDREN THROUGH DIVORCE

Tell your children the truth, with simple explanations.

Tell them where their other parent has gone.

Reassure your children that they will continue to be taken care of and that they will be safe and secure.

· Your children see that parents sometimes stop loving each other; explain that a parent's love is a. special kind that never changes.

Spend time everyday each child individually.

Children may feel responsible for causing the divorce. Reassure them they are not to blame. They may also feel responsible for bringing parents back together. Let them know your decision is final and will have to be accepted.

Often divorcing parents feel guilty and become overindulgent because their children have to go through a divorce. Give your child love and limits.

Your child is still a child and can't become the *"man of the house"* or a *"little mother"*. Continue to be a parent to your child. Seek other adults to fill your need for companionship.

Avoid situations which place children in the impossible position of choosing between parents.

Don't use your child as a way to get back at your former spouse. Children can be terribly wounded when caught in a "cross-fire".

Throughout life you and your former spouse will continue to be the parents of your children. Pledge to cooperate responsibility toward the growth and development of your children as an expression of your mutual love for them.

A divorce can be a time of loss for each member of the family. You are entitled to reach out for help and support.

. Be patient and understanding with your child. Be patient and understanding with yourself.

*Santa Clara County Employee Assistance Program*
*(408) 241-7772*
*www.scceap.org*