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What About the Kids?: Raising Your Children Before, During, and After Divorce

By Wallerstein, Judith S.; Blakeslee, Sandra

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You should TALK to your children about what is going on and what they are feeling, at their age appropriate level - do NOT try to be their friend or put too much on them - NEVER expect them to be the go-between, to spy, etc. Parents are entirely responsible for how their children will react to the divorce and how well they cope with IT. Children are not blind to the following concerns for ADULTS. Living situations (where one parent will live). The kids need ALL the extra attention and reassurance they can get, even though this is a time when adults can give it the LEAST. Raising Your Children Before During and After Divorce. Divorce-Related Stress. Divorce usually means children lose daily contact with one parent—most often fathers. Decreased contact affects the parent-child bond and according to a paper published in 2014, researchers have found many children feel less close to their fathers after divorce. Divorce also affects a child's relationship with the custodial parent—most often mothers. Adults who experienced divorce during childhood may have more relationship difficulties. Divorce rates are higher for people whose parents were divorced. Help Kids Feel Safe. Fear of abandonment and concerns about the future can cause a lot of anxiety. But helping your child feel loved, safe, and secure can not only reduce clinginess but also diminish the risk of mental health problems.

Raising Your Children Before, During, and After Divorce. New York: Hyperion, 2003, 400 pp., \$23.95, ISBN 0786868651 For more than thirty years, Judith S. Wallerstein, Ph.D., has studied the impact of divorce on families. As founder and executive director of the Center for the Family in Transition, she has conducted extensive follow-up work with parents, children, and adolescents affected by divorce as they have continuedâ€¦ CONTINUE READING. View via Publisher. Raising Your Children Before, During, and After Divorce by Judith S. Wallerstein. Valerie MacEwan. Valerie Macewan. 11 Mar 2003. Dr. Spock and others publish child care books. Well, this is a divorce care book.Â There's arrogance to the method, though. Wallerstein tends to wax poetic about her ability to control the reactions of both children and adults, during divorce, if they just follow her advice. If only life was that simple, if all human emotions could be predicted and controlled. . I can tell you exactly what to say to your children, and how to choose the right kind of custody for your children, how to help each child settle into his or her new schedule without tears. Most of all, I can show you the changes that lie ahead once the dust settles. Raising Your Children Before, During, and After Divorce. Genre:-Family / Parenting / Childbirth. Read full description. See details and exclusions - What about the Kids?: Raising Your Children Before, Dur - Paperback NEW #10657. See all 6 brand new listings. Watch. Sold by bygp_ltd (4431)99.9% positive FeedbackContact seller. Registered as business seller.Â Raising Your Children Before, Du by Wallerstein, Judith. Â£4.50. Free postage. item 2 What About the Kids?: Raising Your Children Before, During, and After Divorce -What About the Kids?: Raising Your Children Before, During, and After Divorce. Â£3.64. Free postage. item 3 What About the Kids?: Raising Your Children Before, During, and After Divorce -What About the Kids?

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Children and divorce – What are the effects of divorce on children? How to talk to children about divorce? Divorce is coming, family is crushing. How to explain this to the children? It appears that the divorce rate today is higher than it has ever been before. Many young couples even believe that it is okay to have what is called a started marriage. It has become more and more acceptable to divorce your spouse when things get hard instead of doing what you can to work on your marriage. Also, now there are too many couples that think all troubles are now behind them once they are married. A piece of paper called “marriage certificate” making a union legal doesn’t work magic. What your child wants from mom and dad during a divorce. I need both of you to stay involved in my life. Please call me, email, text, and ask me lots of questions. Make talking about the divorce an ongoing process. As children age and mature, they often have new questions, feelings, or concerns about what happened, so you may want to go over the same ground again and again. Acknowledge their feelings. You may not be able to fix their problems or change their sadness to happiness, but it is important for you to acknowledge their feelings rather than dismissing them. Resist the temptation to spoil kids during a divorce by not enforcing limits or allowing them to break rules. Take care of yourself. Raising Your Children Before, During, and After Divorce. by Judith S. Wallerstein. Eminent psychologist Judith S. Wallerstein shares her unique insight and advice in What About the Kids? -- the first comprehensive guide to easing the impact of divorce on your children -- including: The best and worst ages for children to experience their parents' divorce Right and wrong ways to explain divorce to your children Choosing a custody arrangement that's best for your child How to involve the grandparents -- a major resource? Getting the children on your side when you form new relationships The positive effects of divorce on children (believe it or not) How divorce can a What do evidence-based interventions for children and parents bring to our understanding of how parents can help children cope with divorce? Recent Research Results. Much can be done to prevent long-term problems and foster resilience in children. There are numerous other aspects of effective parenting before, during and after divorce. Among them, parents can help children develop their own abilities (like empathy, problem solving and coping skills), learn what is solvable and what is not, and gain an accurate understanding of marital conflict and divorce as their parents’ problem, and not one that children cause or can fix. Divorce can be heartbreaking, and the effects of divorce on children can be disastrous. But, you can mitigate the negative effects of it. Learn more here. But the couple was worried about the future of their children, and how their decision to divorce would impact the little souls. Divorce is the most difficult event in a person’s life. What happens when you see your parents’ marriage fail? You get the best life lesson on managing relationships. Studies about positive effects of divorce have shown that children who witness the split of their parents can show maturity and patience while managing conflicts in their relationships. They communicate better and always strive to be good by not repeating the mistakes of their parents (8). This could be a positive way of looking at a divorce, if that is imminent.

Raising Your Children Before, During, and After Divorce Hardcover â€” 12 March 2003. by Sandra Blakeslee (Author). 4.2 out of 5 stars 33 ratings. -Extremely thorough resource for anyone going through a divorce where children are involved. The authors break down all the different phases of divorce from the point where the husband and wife have made the decision, through second marriages and the handling of blended families. A whole collection of examples are given based on the experience of the authors which appears extensive. Some of the points that the authors make go against the common thinking, but they explain their reasoning for their statements throughout. Divorce affects most children in the short run, but research suggests that kids recover rapidly after the initial blow. In a 2002 study psychologist E. Mavis Hetherington of the University of Virginia and her then graduate student Anne Mitchell Elmore found that many children experience short-term negative effects from divorce, especially anxiety, anger, shock and disbelief. These reactions typically diminish or disappear by the end of the second year. Only a minority of kids suffer longer. Apparently when marital conflict is muted, children are often unprepared when told about the upcoming divorce. They are surprised, perhaps even terrified, by the news. In addition, children from high-discord families may experience the divorce as a welcome relief from their parents' fighting. Divorce can be heartbreaking, and the effects of divorce on children can be disastrous. But, you can mitigate the negative effects of it. Learn more here. But the couple was worried about the future of their children, and how their decision to divorce would impact the little souls. Divorce is the most difficult event in a person's life. What happens when you see your parents' marriage fail? You get the best life lesson on managing relationships. Studies about positive effects of divorce have shown that children who witness the split of their parents can show maturity and patience while managing conflicts in their relationships. They communicate better and always strive to be good by not repeating the mistakes of their parents (8). This could be a positive way of looking at a divorce, if that is imminent.

Raising Your Children Before, During, and After Divorce. by. Judith S. Wallerstein
Eminent psychologist Judith S. Wallerstein shares her unique insight and advice in *What About the Kids?* -- the first comprehensive guide to easing the impact of divorce on your children -- including: The best and worst ages for children to experience their parents' divorce Right and wrong ways to explain divorce to your children Choosing a custody arrangement that's best for your child How to involve the grandparents -- a major resource? Getting the children on your side when you form new relationships The positive effects of divorce on children (believe it or not) How divorce can affect Court during Divorce process. They can also share the custody of child if they both. settle and compromise for the interest of the child.
In the US, if the parents cannot agree, the master (there is normally a divorce master before you see a judge) will create a temporary custody order. The master makes their decision based on what they believe is in the best interests of the child/children. The default is a 50/50 custody, though unless both parents live in the school district (assuming the children are in school) the children are likely to remain with the parent who lives in the school district during the week, unless the other parent can get them to school easily. If you require legal assistance, please contact a lawyer in you
What your child wants from mom and dad during a divorce. I need both of you to stay involved in my life. Please call me, email, text, and ask me lots of questions.
Make plans to talk with your children before any changes in the living arrangements occur. And plan to talk when your spouse is present, if possible. Show restraint.
Make talking about the divorce an ongoing process. As children age and mature, they often have new questions, feelings, or concerns about what happened, so you may want to go over the same ground again and again. Acknowledge their feelings. You may not be able to fix their problems or change their sadness to happiness, but it is important for you to acknowledge their feelings rather than dismissing them.
What do evidence-based interventions for children and parents bring to our understanding of how parents can help children cope with divorce? Recent Research Results. Much can be done to prevent long-term problems and foster resilience in children.
There are numerous other aspects of effective parenting before, during and after divorce. Among them, parents can help children develop their own abilities (like empathy, problem solving and coping skills), learn what is solvable and what is not, and gain an accurate understanding of marital conflict and divorce as their parents' problem, and not one that children cause or can fix. Children from divorced families may experience more externalizing problems, such as conduct disorders, delinquency, and impulsive behavior than kids from two-parent families.
In addition to increased behavior problems, children may also experience more conflict with peers after a divorce. Poor Academic Performance.
Helping Kids Adjust. Adults who experienced divorce during childhood may have more relationship difficulties. Divorce rates are higher for people whose parents were divorced.
Help Kids Feel Safe. Fear of abandonment and concerns about the future can cause a lot of anxiety. But helping your child feel loved, safe, and secure can not only reduce clinginess but also diminish the risk of mental health problems. Seek Parent Education.