

When Parents Are At War: A Guide to Helping Children Cope with Divorce and Separation



When Parents Are at War: A Child Therapist's Guide To Navigating High Conflict Divorce & Custody Cases

by Lynn Louise Wonders

★★★★☆ 4.6 out of 5

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Divorce is never easy, but it can be especially difficult for children. When parents are at war, children are often caught in the middle, and they may feel like they are losing both of their parents. This can lead to a variety of problems, including anxiety, depression, and behavioral issues.

When Parents Are At War is a comprehensive guide to helping children cope with divorce and separation. This book provides parents with practical advice on how to talk to their children about divorce, how to help them through the grieving process, and how to create a positive and supportive environment for them.

What to Expect When Parents Divorce

When parents divorce, children may experience a range of emotions, including sadness, anger, confusion, and fear. They may also feel like they are losing both of their parents, and they may worry about who they will live with and how their lives will change.

It is important for parents to be patient and understanding during this time. They need to let their children know that they are still loved and that they will always be there for them. Parents also need to be honest with their children about what is happening and what to expect.

How to Talk to Your Children About Divorce

Talking to your children about divorce can be difficult, but it is important to do it in a way that is age-appropriate and sensitive to their needs. Here are some tips:

- **Choose a time and place where you can talk privately.**
- **Be honest and direct.** Tell your children that you are getting divorced and that you will no longer be living together.
- **Use simple language that your children can understand.** Avoid using terms like "custody" or "divorce." Instead, explain that you and your spouse have decided to live in separate homes.
- **Reassure your children that they are still loved.** Tell them that you and your spouse will always be their parents, even though you will no longer be living together.
- **Answer your children's questions honestly and patiently.** Be prepared for your children to have a lot of questions about divorce. Answer them in a way that is clear and easy to understand.

How to Help Your Children Cope with Divorce

Helping your children cope with divorce can be challenging, but there are a number of things you can do to help them through this difficult time.

- **Be patient and understanding.** It takes time for children to adjust to divorce. Allow them to grieve the loss of their family and to express their emotions in their own way.
- **Provide a stable and supportive environment.** Children need to feel safe and secure during this time. Make sure they have a consistent routine and that they know that you are there for them.
- **Encourage your children to talk about their feelings.** Let them know that it is okay to feel sad, angry, or confused. Encourage them to talk to you, a therapist, or a trusted friend about what they are going through.
- **Help your children develop coping skills.** Teach them healthy ways to cope with stress and difficult emotions. This could include activities such as exercise, yoga, or meditation.
- **Seek professional help if needed.** If your children are struggling to cope with divorce, do not hesitate to seek professional help. A therapist can help them to process their emotions and develop coping skills.

Creating a Positive and Supportive Environment for Your Children

Creating a positive and supportive environment for your children is essential to helping them cope with divorce. Here are some tips:

- **Co-parent with your ex-spouse.** This means working together to make decisions about your children and to provide them with a stable

and supportive environment.

- **Avoid putting your children in the middle of your conflict.** Do not talk negatively about your ex-spouse in front of your children. This will only make them feel more anxious and confused.
- **Encourage your children to have a relationship with both parents.** Children need to feel connected to both of their parents, even if they are not living together.
- **Be there for your children.** Let them know that you are there for them and that you will always love them.

Divorce is a difficult experience for everyone involved, but it is especially difficult for children. By following these tips, you can help your children cope with divorce and create a positive and supportive environment for them.

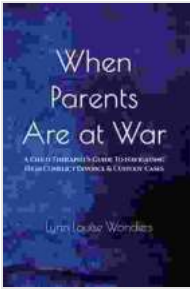
Free Download Your Copy of *When Parents Are At War Today*

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Free Download your copy of *When Parents Are At War* today and start helping your children cope with divorce.

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