



Divorce, or separation, is a major family change.

When a family goes through a divorce, it can be stressful, confusing, and difficult for everyone involved. In an attempt to make sense of the divorce, a child may place blame on himself/herself.

The 3 C's of divorce:

I did not **CAUSE** it.

I cannot **CONTROL** it.

I'm going to have to learn to **COPE** with it.

Successfully working through a divorce is a team effort. It's not always easy, but it can be done.

Divorce survival tips for good parents:

- Stay involved in your child's life in every way possible.
- Use direct communication with your ex-spouse; do not talk through your child.
- Do not say mean things about your ex-spouse in front of your child.
- Work hard to be civil to one another when your child is present.
- Support the time your child spends with your ex-spouse; do not act jealous.
- Keep your child's teacher, school counselor, and child care provider informed.

(Julia Cook 2011)

Please contact your child's school counselor for more resources.