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How To Break The News Of Divorce To Your Kids

By Breakup Guide

Divorce can be a traumatic experience for your children. No matter how old they are, the divorce will be hard for them to understand and eventually to accept. Some children in fact harbor hopes that their parents will get back together even after several years of living apart.

Many children feel that they are the ones at fault when their parents break up. Although this may seem illogical to adults, children can find associations in the most incongruous of things. As often attested by revelations during therapy, children often feel that they could have done something to prevent the break-up in the family. There are those "what ifs" and "could have beens." If they were good and obedient children, would they have prevented the split? If they did not get into trouble in school, would their parents stay together?

One of the crucial moments that parents should take note of and prepare themselves is the way that they will break the news to their children. Although explaining it properly will not necessarily lessen the pain of knowing that their parents will be splitting up but at least a proper explanation will help prevent misunderstandings especially in what caused the break up in the first place.

Remember that young children are very impressionable. Everything that you do, whether you want them to see or not, can mean something. It is important that you tell them what's going on to avoid misrepresentations.

Below are some tips on how to break the news of the divorce to your kids.

Never make them feel that they have to choose.

Divorce is a traumatic experience as it is without asking the children to choose sides. This will put them right in the middle of marital trouble. This is not fair because the kids are not really part of the problems that you and your partner are having. Pressuring them to judge who is right and wrong can worsen the trauma that they will be experiencing.

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Still, during custody battles, choosing sides cannot be avoided. Although in some cases, especially if the children are a bit older, they are asked to choose which parents they would rather live with.

Never badmouth your partner

Remember that whatever happens, your partner is still a part of their lives, someone who they need to respect and love. Whatever troubles that you have in your relationship should not affect the children in any way. As long as your partner is doing his best to provide for the kids and is a good father, there is no need for them to know what a rotten person he can be sometimes.

Explain clearly.

Although your children will not necessarily understand completely what is going on, there is no need to create fantastical explanations. Just tell them the truth, that you are going to start living apart and they may have to live with each of you separately or live with one parent for the rest of their lives.

Consider their feelings and try to talk to them about it Divorce can be painful for the couple as they are the ones directly involved but you must remember that kids are very vulnerable and they are not as resilient as adults.

It is not enough that you tell them what's going on. You also have to ask them what their feelings are about what happened. This way, you are able to address their fears and insecurities right then and there.

As mentioned before, kids often feel that it is their fault that their parents are breaking up. You have to reassure them that this is not true and they were not in any way at fault.

Tell them that it's ok for them to talk to you about it.

Children will have questions about what happened. They might not be able to verbalize it just yet but they will eventually reveal what bothers them about the situation. Encourage them to come and talk to you if they have additional questions. Tell them that it's ok for them to tell you how they feel and they will be very much welcome to ask you anything they want. Keeping the communications line open will help ease the tension and clear up a lot of potential sources of misunderstandings.

Breakupadviceonline (

<http://www.breakupadviceonline.com>

) is a new resource for breakup and divorce

information. No matter you want to breakup with someone, survive a breakup, or get an ex back, you will find useful information on our site.

"Divorce Advice: Getting Divorce Advice From the Right Source"

By Karl Augustine

Getting the right type of divorce advice depends on what type of divorce advice you want and what you want to use it for. When looking for advice about divorce, it is smart to clearly define what you are seeking the advice for so you can be sure to look in the right places.

Seems simple enough right?

Yes, but...lots of people who are deciding about divorce and seeking divorce advice lump the categories of divorce advice into one, and that's a big mistake. You should seek divorce advice from different types of places for the different types of advice that you need. Certainly there's more types of divorce advice categories, but here's a partial list:

Divorce advice type 1: Legal advice for getting a divorce when you are sure that you want a divorce, no matter how tough it will be to get that divorce. When asking for this type of divorce advice while meeting with an attorney, you may be asked if you're certain that you actually do want a divorce...if you do, don't waver, stick to your decision. It makes sense to have a good idea of all of the parts of your life, family and materials, that could be affected or sought after. You want to have your facts, account names, timelines, etc., in mind when meeting with the attorney so that your discussion is maximized.

Divorce advice type 2: Legal advice for getting a divorce when you are almost sure that you want a divorce, but want to make sure that the financial considerations are in order or that health of your children won't suffer in the long run. When asking for this type of divorce advice, you may want to consider seeking the advice of an attorney or financial planner for the financial considerations and a counselor experienced in family matters for the impact that a divorce might have on your children. The point is, split the two concerns up so that you get the chance to speak to 2 different people who specialize in each area so that you will get the appropriate divorce advice.

Divorce advice type 3: Legal advice for getting a divorce in a case that is relatively simple and will be a clean break, no financial or other family considerations to take into account for the divorce. This is perhaps the easiest type of divorce advice to get because it infers that you have already made the decision from an emotional standpoint and really don't have any other considerations of deep concern. When seeking this type of divorce advice, you most likely have limited financial considerations, a prenuptial agreement, or the situation itself as amenable to everyone and you just need someone to do the paperwork.

Divorce advice type 4: Legal and/or counseling advice regarding whether or not divorce is right for you from a psychological, emotional and financial perspective. When asking for this type of divorce advice, you may want to consider seeking the advice of an attorney or financial planner for the financial considerations and a counselor experienced in Clinical Psychology and "personal-life" coaching for the impact that a divorce might have on you. Again, the point is, split the two concerns up so that you get a chance to speak to 2 different people who specialize in each area so that you will get the appropriate

divorce advice.

Divorce advice type 5: Counseling for emotional support when deciding whether or not you really want a divorce or are just unhappy in your marriage. This type of divorce advice is crucial to your happiness because when you're in an emotional state, it is tough to make lucid and rational decisions. And, if you're wrestling with deciding whether or not to get a divorce (purely from an emotional perspective), you should do all you can to make a logical decision because how you approach this decision and the affects afterwards can be long lasting and far reaching. If you're are struggling with finding divorce advice, you may want to talk to friends, counselors, even other family members.

But, my divorce advice to you is, do it yourself.

I'm not saying don't talk with friends, counselors, and possibly family. What I am suggesting is that you reach the final decision of whether to get a divorce on your own, you have to live with it, no one else. The answer is inside you, you just have to get it out in a logical manner.

Whatever type of divorce advice you need, be sure that you're directing your energies in the right direction. If you don't separate the emotional aspects from the legal aspects of divorce advice, you might end up confused and unable to get the most out of any meeting you may have with an attorney or marriage counselor. At the end of the day, you should control your own destiny and make a smart decision based on logic, controlled emotion, and forward thinking.

Karl Augustine Author, "A Practical Guide To Deciding Whether Or Not To Get A Divorce".
A resource recommended by marriage counselors to their clients. Proven "Action Items" to help you make the right decision based on what YOU want!

<http://www.deciding-on-divorce.com>

"Divorce Advice: Getting Divorce Advice From the Right Source"
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Surviving Divorce: What To Think About To Ensure Surviving Divorce

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