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How to Stop Divorce Parental Conflict from Bursting?

By Ruben Francia

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It is not the divorce but the conflict arising after divorce the culprit of most psychological-adjustment problems the children are having. So, how to stop the post-divorce parental conflict from bursting must be given a premium importance by parents who want to have a healthy, happy and successful divorced children.

First let us identify the source of most post-divorce parental conflict. It is only when we are able to identify exactly the source of most post-divorce parental conflict that we are able to stop.

It is said that building or maintaining regular communication with your 'ex' is one of the most important keys to successful divorce parenting. If there exist an ineffective communicating relationship between spouses, one may be left the other uninformed of the important matters relative to their children and thus often become the major source of new parental conflict.

Effective parenting after divorce requires effective communication. Even if spouses don't like each other, or disagree on many issues, they still have to work together as a team as far as their children are concerned. Both should know what's going on.

With stronger co-parenting communication, there will be less chance of misunderstandings and conflicts between the ex-spouses — and a better chance of a healthy upbringing for the children.

Here are the five goals you can set to improve co-parenting communication:

1. Have a clear, consistent schedules and rules.
2. Keep each other abreast of any parenting-related developments or important issues.

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3. Set an appointment to speak with your ex about any problems, then be polite but firm while trying to solve them.
4. Develop a trust level between each other.
5. Be civil and reasonable at all times.

To keep communication healthy, use these guidelines when you communicate in person with your 'ex'.

1. Be consistent. Make sure your facial expressions and body language are consistent with your words.
2. Relax. If your emotions become too overwhelming, learn to relax and breathe slowly or ask that the conversation be continued later. Leave if you have to.
3. Bring a friend. If in the past talking to your 'ex' has resulted in violence or verbal attack, take another person with you.
4. Back off. If your 'ex' is emotionally closed, back off. Keep on talking and explaining will get angry while your 'ex' gets irritated. Just wait for a better time or write a letter. Letters are a perfect option for communicating clearly and without emotions. They also allow the other person time to digest what you say.
5. Bounce it back. If your 'ex' attacks you verbally, reply, "I refuse to receive that. I need to be respected in this conversation and, if you're not able to do that right now, we should continue this later." Don't act snotty, superior, or self-righteous. Be kind. If your 'ex' continues to bait you into an argument, leave calmly and quietly.

Remember your children's welfare must always be your first priority. Think about the long-term effects on your children of everything you and your ex say and do. Follow the above goals and guidelines. Strive to improve your co-parenting communication then you can create the best possible co-parenting relation. Do all these for your children sake.

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Ruben Francia is an author of an indispensable divorce parenting guide ebook, entitled "101 Ways To Raise Your 'Divorced' Children To Success". Discover the ways to raising healthy, happy and successful children even if you're divorced. Visit his web site at

Parental Hostility: What Will This Bring To Your Children's Life?

By Ruben Francia

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One of the most important factors influencing kids' adjustments to their parents' separation or divorce is the level of parental hostility. How bad or how well children go through the divorce depends on how the situation is handled.

To give you concrete idea on what parental hostility will bring to your child, a list of several studies conducted by different researchers relative to hostility between parent and its impact to child's development are herein presented.

One study conducted by Raschke and Raschke (1979) about parental hostility concluded that inter-parental conflict in divorced families had the most harmful effect on the children's self-concept; and conflict in general had a negative effect on child development.

Emery (1982) in his research concluded that open hostility over time, in both divorced and married families, causes more harm to children than does indirect hostility.

Shaw and Emery (1987) in their studies found that the higher the rate of externalized hostility between parents witnessed by children, the higher the level of distress for children. When compared with other family stresses, parental conflict appeared to have the most negative effect on children, and open conflict did more harm than internalized feeling of anger.

Camera and Resnick (1989) studies on divorced families concluded that inter-parental hostility and conflict, when exhibited through verbally aggressive and physical abusive behavior, had extremely negative results for children, who in turn often showed aggressive and abusive behavior in their own social lives.

Johnston, Gonzalez and Campbell (1987) study concluded that high levels of hostility between parents resulted, at the early stages, in high levels of depression, withdrawal and aggressive behavior in their children. Longer periods of inter-parental hostility became accurate predictors of long-term adjustment difficulties for children.

The above studies and researches all agree that parental hostility and conflict have the most negative effect on children and to their development. All these suggest how important it is for both parents to work together co-parenting their children.

If you are having difficulty parenting with your children's other parent then make your move now. Remedy your situation by getting a free copy of my ebook "8 Essential Steps To Cooperative Parenting and Divorce." Likewise, you can learn effective divorce parenting from my other ebook "101 Ways To Raise 'Divorced' Children to Successfully." For more information, please visit my website.

With the above information, I hope you will become an empowered divorced parent and believe that

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you can raise healthy, happy and successful children even if you're divorce.

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