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What 10 Things Divorced Parent Should Do To Promote Positive Child Adjustment?

By Ruben Francia

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The effects of recent enlargement in divorce rates are negative effects. Divorced children are more probably to get pregnant as teenagers, drop out of high school, abuse drugs and have aggressively emotional and behavioral problems, which lead to social problems. Some children decide to go out of their home when their parents separate each other, and subsequently they become homeless children. They do not have good opportunities to find a job due to shortage of education. Consequently, crime may likely be the end result.

As parent, one of your top priorities is to reduce this negative effect and help your children have positive divorce adjustment. Here are the 10 things you should do to promote positive divorce child adjustment.

1. Do encourage your children to talk about how they feel.

The sure way to help your children adjust to divorce is for you to know what they feel. So let your children know that they can openly talk to you about their feelings of your separation or divorce. Keep lines of communication open and answer all questions about the changes. Make sure your children feels like they can ask you questions and get answers about why the divorce happened and what to expect.

2. Reassure children that everything will be ok but just different.

Children are invariably frightened and confused by divorce. Provide extra hugs and kisses and tell your child that you and other adults will always be near to love and protect.

3. Do stay involve in your children's life.

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Custodial and non-custodial parent should stay involve in their children's life. Children may interpret lack of involvement as rejection. Often, they think the parent who is not involved in their life loves them less. If your children are to adjust well to your divorce, nurturing the parent-child relationship is paramount. Spend special time with your children, have fun together and continually express your love for your children.

4. Do keep your ex-spouse from becoming an ex-parent.

Many non-custodial parents, who typically are fathers, fail to stay involved with their children after the divorce. This is unfortunate as children's adjustment is enhanced by a positive, active relationship with both parents.

If you are the custodial parent, you should encourage the involvement of the non-custodial parent even though it takes extra effort if a lot of anger is still present. It is a time when you must separate your

spousal relationship from your parenting relationship. This is hard, but it is possible. You must try not to "direct" your spouse's parenting patterns and concentrate your efforts on smoothing access.

5. Do not argue with your ex-spouse in front of your child.

Children exposed to conflict are more likely to have behavioral and emotional disturbances, suffer social and interpersonal problems, and show impairment in their thought and reasoning processes. Experts say the amount of conflict the child witnesses during and immediately after divorce is a crucial factor in his or her adjustment.

When parents show better emotional adjustment after the divorce, so do the children. Children show much less anxiety, insecurity and distress when parents are able to argue in a proper manner, reach an agreement, and stick to the compromise.

6. Do keep routines consistent as much as possible.

Children thrive on consistency and stability. During the transition you need to demonstrate to the child that their life will not change dramatically. Having consistent routines (having generally the same naptimes, mealtimes, bedtimes and bath-times each day) is important for young children, because it helps them to feel secure. At times, some parenting issues require communication and coordination between parents, if the child spends time with both parents. Both parents don't have to do things exactly the same way, but it is easier for children if most things are similar at each home.

7. Do make every effort to ease the transition of your children from one home to the other.

Transition between homes can be stressful for children as well as adults. Initial adjustment to new situations can cause tension, and children may experience grief and loss over their parent separation for some time.

Children can have difficulty thinking about leaving their custodial parent and their primary home even

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for the weekend. And if you are the non-custodial parent, when your children get adjusted to being at your home, it may be difficult for them to think about leaving you again, even though they're glad to see their custodial parent.

You can make transition easier for your children by allowing children to make choices about what toys, clothes, collections, etc., are kept in each home, establishing regular schedules, and be flexible enough to accommodate schedule changes.

8. Do keep children familial ties.

Children benefit from keeping the familial ties in their life that were meaningful and important to them prior to the divorce. Such familial ties may not be limited to parents but may also include extended family, such as grandparents.

9. Develop a parenting plan.

Planning how to care for children after separation can be a confusing and difficult task. This is the reason that made parenting plan so important. Having a plan can make it easier for you and your ex-spouse to work together as parents and reduce the amount of conflict between you. One way to

help your children adjust to divorce become an effective parent is to have a plan, so create one for your child.

10. Do create a generally supportive and cooperative in-between parent relationship.

Children benefit to the greatest when the in-between parent relationship is generally supportive and cooperative. Though most parents know this, they find it hard to set aside their anger and resentment toward the other parent making co-parenting hardly possible. Try to remedy this situation by getting my free ebook on cooperative parenting and divorce. Visit my website and get your free "8 Essential Steps to Cooperative Parenting and Divorce" ebook.

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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". Get his other ebook for FREE, "8 Essential Steps to Cooperative Parenting and Divorce." Visit his web site at

What Divorce Parenting Practices is Best Appropriate for Toddlers?

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Toddlers, toddlers, toddlers! Very young, seems don't understand what is happening yet their development may be affected by parental divorce. During the first three years of life, children grow quickly and become mobile, learn language, begin to understand how the world works, and form social relationship. With parental divorce, threat to child's full development will always be present.

But here is the good news. Did you know that you as parent possess all the power to help your children make a positive adjustment to family changes? All you need to know is learn how divorce affect your children and determine what divorce parenting practices is best appropriate for them. Knowing how toddlers react to divorce will bring you to a better position of knowing the best appropriate divorce parenting practices you can give for your child.

So let's start the ball rolling. How is toddlers affected by divorce? Toddlers are most concerned about how their own needs will be met. Toddlers may worry about who will fix their dinner or tuck them in bed, whether the parent they live with is also going to leave, and if their parents still love them.

Toddlers may recognize that one parent no longer live at home but still don't understand why. They may begin asking questions and ask the same question after some time, as they still don't understand the answers.

Toddlers become more aware of others' feelings and learn to express their own feelings with words and through play. They may become more aggressive or fearful when their parents divorce.

Toddlers find it hard to manage strong feelings like sadness or anger. They may miss the parent who is gone or be angry about not being able to be with a parent.

Toddlers' negative behavior and acting out may increase during the divorce process. They may exert their independence more frequently by saying "No" to adult requests.

If these are how toddlers react to divorce, what then is divorce parenting practices that is best appropriate for them? By knowing how toddler's react to divorce a lot of ideas will come up to your mind on what divorce parenting practices is best appropriate for your toddler. To add up to your list of ideas, here below are some divorce parenting practices that is best for your child.

- Establishing a consistent, predictable, and routines. Having consistent is important for young children, because it helps them to feel secure. At times, some parenting issues require communication and coordination between parents, if the child spends time with both parents. Both parents don't have to do things exactly the same way, but it is easier for children if most things are similar at each home.
- Reassure toddlers of your continued presence with physical affection and loving words. Infants and toddlers need to know that their parents still love them and that they will be taken care of.

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- Be caring and increase your child awareness. Understands their thoughts and feelings, and helps them express those thoughts and feelings makes a world of difference.
- Be sensitive to children signs of depression and fear. Seek professional help if depression is prolonged or intense.
- Be actively part of your child's life. Ongoing parental involvement fosters positive parent–child relationships and healthy emotional and social development.
- Support your former spouse in making positive relation with your child. Children generally fare best when they have the emotional support and ongoing involvement of both parents. If you have difficulty relating to your former spouse then get your free copy of my ebook "8 Essential Steps to Cooperative Parenting and Divorce." Just visit my website and get the said ebook for free.

You can learn more divorce parenting practices appropriate for children of any age in my ebook "101 Ways To Raise 'Divorced' Children to Successfully." This ebook is a divorce parenting guide that offers many proven ways that will not only help you help your children but will also guide you on how to deal with yourself and your former ex–spouse for your children's sake. Thus, giving you complete information on how to raise a healthy, happy and successful children even if you're divorced. For more information, please visit my website.

With the above information, I hope you will become an empowered divorced parent and believe that you can raise healthy, happy and successful children even if you're divorce.

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