

What Divorce Parenting Practices is Best Appropriate for Preschoolers?

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What Divorce Parenting Practices is Best Appropriate for Preschoolers?

By Ruben Francia

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How do you spare your preschoolers for the negative effects of divorce? How do you promote your preschooler's healthy growth and development? The answer is appropriate divorce parenting practices.

The next question is what appropriate divorce parenting practices for preschooler really means? Let's keep things simple. All you need to know is learn how divorce affect your children. Knowing how preschoolers 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 get started. How is preschoolers affected by divorce? Preschoolers commonly experience regression during parents' divorce. Children whose parents are in conflict regress to thumb-sucking, bed-wetting and other behaviors their parents assume they've outgrown.

Children at this developmental stage may think they are responsible for their parents' divorce or for their parents not living together. As a corollary to the perception that their misbehavior caused the divorce or caused a separation, preschool children often believe that if they are really good, everything will be okay again. This can be an incredibly stressful perception for a little kid, because he or she begins to carry on his or her shoulders the burden of getting mom and dad back together again.

Preschoolers may be confused, have fantasizes about reconciliation, and show difficulties in expressing their feelings. Their sense of security is affected by predictable and consistent routines.

Preschoolers may fear being left alone or abandoned altogether and may worry about the changes in their daily lives. They may deny that anything has changed, or they may become uncooperative, depressed, or angry. Although they want the security of being near an adult, they may act disobedient and aggressive.

Preschoolers exhibit signs of sadness and grieving because of the absence of one parent. Preschoolers may be aggressive and angry toward the parent they blame.

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Now that you know how preschoolers react to divorce, I'm sure a lot of ideas come to your mind on what divorce parenting practices is best appropriate for preschoolers. To add up to your list of ideas, here below are some of the things you should do to help your preschoolers adjust to divorce.

- Repeatedly tell children that they are not responsible for the divorce. Children need to be reassured that the breakup wasn't their fault.

- Discourage reconciliation fantasies. Avoid dinners, outings, or holiday celebrations with your ex-spouse; they only fuel your child's fantasies. Instead, emphasize the finality of divorce

- Keep daily routines intact. Children feel more secure when there is a standard routine. Stick with

bedtimes, no matter at which home the children are. Have some consistent chores. Have some time committed to the child, which is treated as sacred.

- Reassure children that everything will be ok, just different. Children are invariably frightened and confused by divorce. It's a threat to their security. Provide extra hugs and kisses and tell your child that you and other adults will always be near to love and protect

- Explain what is happening over and over again. Children this age are confused easily. In simple terms, explain where your child will live, with whom, where the departing parent will live, and who will provide care when both parents are unavailable.

- Encourage your child to talk about how he/she feels. Be sensitive to children's fears. Let your child know that he or she can openly talk to you about the ups and downs of your separation or divorce.

- Encourage the child to carry photographs and other keepsakes of the custodial parent when he or she leaves home to visit with the non-custodial parent. Conversely, encourage the child to keep a photograph of his or her non-custodial parent in a visible place at home.

- Be sensitive to children signs of depression and fear. Seek professional help if depression is prolonged or intense.

- Help non-custodial parent stay involve. Let non-custodial parent maintain a regular presence such as a phone call several times each week, messages sent on video or audiotapes.

- Plan a schedule of time for children to spend with their other parent. Be supportive of children's ongoing relationship with the other parent. Remember that 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

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with yourself and your former ex-spouse for your children's sake. Thus, giving you complete information on how to raise 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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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 an Infant?

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Is there such thing as divorce parenting practices that is best appropriate for an infant? I tell you, yes there is. In fact, it's not only for infant. At every stage of children's development, whether infants, toddlers, preschoolers, elementary school age children or adolescents, there is such thing as appropriate divorce parenting practices.

But before we get into discussing serious matter, let me ask you a couple of questions? Is it important for parents to know the best appropriate divorce parenting practices? What benefits children or/and parents can get if there is, by employing the best appropriate divorce parenting practices? I will leave those questions hanging into your mind but please make your answers as vivid as possible such that you will no longer mind time and read the rest of this article.

Let's go back to business. First, you need to understand how infants react to divorce. Knowing how infants react to divorce will bring you to a better position of knowing the best appropriate divorce parenting practices you can do for your child.

So, how is infant affected by divorce? Infants do not understand divorce but they can pick up on changes in their parent's feelings and behavior. When a parent acts worried or sad around an infant, the infant is likely to feel worried or sad.

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Infants cannot tell adults how they feel. Yes, they can pick up their parent's feelings but they still cannot tell us how they feel. As a result, infants may act more fussy and difficult to comfort, or seem uninterested in people or things when their parents are upset relative to divorce.

Infants of age 6 to 8 months develop stranger anxiety. They may act fearful or anxious around unfamiliar people. After divorce, an infant may see one parent less often than before, so the infant may show stranger anxiety around that parent.

Infants of age 8 to 12 months may begin to show separation distress. Infants may cry, scream or cling when a parent is leaving. It is hard for an infant to be separated from a parent, especially for a long period of time, such as overnight. When parents divorce, infants may experience more separations and feel less secure. You may notice an increase in your infant's separation distress during the divorce process.

Now that you know how infant react to divorce, I'm sure a lot of ideas comes to your mind on what divorce parenting practices is best appropriate for an infant. To add up to your list of ideas, here below are some of the things you should do to help your infant adjust to divorce. These are what I called the divorce parenting best appropriate for an infant.

- 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.

- Separate your feelings about the other parent from your parenting role. This may be difficult but doing so will help your infant not to pick up distress feelings.

- Interacting with the child in a location where the child feels secure and comfortable.

- Keep children's favorite toys, blankets or stuffed animals close at hand.

- Reassure infants 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.

- Be actively part of your child's life. Infants are likely to feel most comfortable around both parents if they have frequent contact with both parents following divorce.

- 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.

- Communicate with other caregivers. Talk with other important adults and caregivers about how to support your child during this transition time. Be sure to keep them updated about family changes. They need to know what is going on in order to understand the child's behavior.

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You can learn more divorce parenting practices appropriate for children of any age in my ebook "101 Ways To Raise 'Divorced' Children to Successfully." Likewise, if you have difficulty relating to your former spouse then get your free copy of my other ebook "8 Essential Steps To Cooperative Parenting and Divorce." 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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