

What Divorce Parenting Practices is Best Appropriate for an Infant?

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**What Divorce Parenting Practices is Best Appropriate for an Infant?**

**By Ruben Francia**

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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.

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

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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.

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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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

### **3 Major Divorce Parenting Mistakes And Learn How To Avoid Them**

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What 3 major divorce parenting mistakes that surely lead to unhappy, unhealthy and unsuccessful children? Parents know these for your children seek.

#### 1. Failure To Act According To Child's Best Interest

This divorce parenting mistake stem from not knowing what exactly these interest are. Experts do agree on two factors that can be said to be the foundation for a child's true best interest: Maintain familial ties that were meaningful and important to your children prior to the divorce. Provide a generally supportive and cooperative in-between parent relationships.

Act according to child's best interest.

#### 2. Failure To Let Go The Hurt's Of One's Divorce

Let go of grudges you may hold against your former spouse. Holding onto feelings of anger will not change your situation and will probably consume a great deal of your energy – energy you need to devote to creating a positive environment for your child. If you dwell on your disappointment and dislike with your former spouse – chances are your child will sense your feelings and suffer in some way from your negative attitude. Overcome this divorce parenting mistake. Let go and forgive.

#### 3. Failure To Win Divorce Parenting Cooperation

If divorced parents can put aside their personal feelings before the welfare of their children and choose to interact with one another in a respectful and dignified way, their children will benefit. Beat this kind of divorce parenting mistake. Learn to win your ex parenting cooperation.

Sure, you can have healthy, happy and successful children even if you're divorced. Do act according to child's best interest, let go and forgive, and win the parenting cooperation of your ex. Remember, how bad and well children go through the divorce depends on how you handle the situation. Never let your divorce ruin your children's life.

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Raise Your 'Divorced' Children To Success". Discover the ways to raising healthy, happy and successful children even if you're on divorced. Visit his web site at

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What 3 Greatest Gift You Can Give To Your Children by Co-Parenting?

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