

**PARENTING
THROUGH DIVORCE**

TABLE OF CONTENTS

<u>TABLE OF CONTENTS</u>	2
<u>1 RELEVANCE OF DIVORCE TO CHILDREN</u>	5
<u>PREVALENCE OF DIVORCE</u>	6
<u>RELATIONSHIP WITH EACH PARENT</u>	7
<u>RELATIONSHIP BETWEEN SIBLINGS</u>	8
<u>2 MODELS OF PARENTING DURING DIVORCE</u>	10
<u>INDEPENDENT PARENTING</u>	11
<u>PARALLEL PARENTING</u>	12
<u>CO-PARENTING</u>	13
<u>3 RESPONSES TO DIVORCE BY CHILDREN</u>	15
<u>UNDERSTANDING THE GRIEF CYCLE</u>	15
<u>DENIAL</u>	16
<u>ANGER</u>	16
<u>ANXIETY</u>	17
<u>CONFUSION</u>	17
<u>BARGAINING</u>	18
<u>DEPRESSION</u>	18
<u>ACCEPTANCE</u>	19
<u>4 AGE GROUPS AND ISSUES</u>	20
<u>BIRTH TO FIVE YEARS</u>	20
<u>SIX TO EIGHT YEARS</u>	21
<u>NINE TO TWELVE YEARS</u>	22
<u>THIRTEEN TO EIGHTEEN YEARS</u>	23

1

RELEVANCE OF DIVORCE TO CHILDREN

There are few adults and parents who are not aware of the challenges and potential difficulties that divorce imposes on children. There are literally thousands of books written about the impact of divorce on kids, both from a positive and a negative perspective. The good news out of this rather depressing research is that parents, through their actions both towards their children as well as towards each other, have a huge influence on how children will adjust to the divorce both in the short and long term.

No parent going through a divorce needs the added stress, anxiety and worry of how their actions are negatively affecting their children. By understanding how to minimize the negative aspects of divorce for children, knowing the typical responses of children to divorce, and working with the other parent to maintain the loving, nurturing environment that a child needs through the divorce, parents can help children to adjust to their new lifestyle. Stressing parent co-operation and communication with regards to raising the child or children is critical, but so is being civil, respectful and positive towards the other parent with regards to their abilities to be a wonderful Mom or Dad to the child.

Many parents struggle to help their children cope with the emotional pain of divorce and learning to live with Mom and Dad in two separate homes. Very few children, or parents for that matter, find that the time they get to spend

together is enough. Mom and Dad working together to accommodate each other schedules and the schedules and needs of the kids will help in addressing some of the inequity that is inherent in co-parenting through a divorce and after.

Divorce is no longer an uncommon occurrence in most countries of the world. While countries in North America tend to have higher divorce rates than other developed and developing countries, there are still some common trends and numbers to divorce around the world.

PREVALENCE OF DIVORCE

It is estimated that the overall divorce rate in the United States is approximately 51% and in Canada it is 48%; Japan's divorce rate is about 27%, Australia is around 40% and Great Britain has a divorce rate of about 38%. The number of divorces per year tends to be increasing in many areas, with second and subsequent marriages having a higher overall divorce rate than first marriages.

As the number of divorces continues to rise in most areas and countries, so does the cultural acceptance of divorce. In the United States alone about 1.5 million children will experience divorce every year, and these are only kids that are recognized through the courts. In many cases such as step-parent divorce, the child may not be included in these numbers because they are not included in the dissolution of the marriage. Step-parent divorces can be just as problematic for the child, however, especially if they were close to the step-parent and saw them as a support person in their life.