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Title: Healthy Communication with Your Children During Divorce



Knowing how to support your children through a divorce can feel daunting. Divorce brings change no matter what, but there are many ways you can help your child cope with the change while providing routine and keeping him or her informed to mitigate anxiety. With a collaborative divorce, you and your partner can discuss what strategies you will use together to keep your children from experiencing unnecessary stress. With the help of a collaboration team, a peaceful and healthy environment can be created so your children can continue to thrive, even through a difficult time.

There are several ways you can help your child through your divorce. With a combination of clear communication and established routines, children can feel safe while they process such a large life event.

- **Ask and listen.** Talk to your child and encourage him or her to share his or her fears and concerns about your new life after divorce. By giving them your ear, they will know they are important and will not be forgotten by either of their parents.
- **Provide routine.** Work with your spouse to create a routine and schedule, and stick to it. Who will be picking them up from soccer practice? Where will they spend the weekends? Creating this schedule from the beginning shows your children they can look to you for security and structure, no matter the situation.



- **Remain neutral.** Never speak poorly of your former partner or show jealousy for time or relationship shared with them by your children. By continuing to support the relationship your child has with your former life partner, you avoid creating feelings of conflict and anxiety that can arise for children during divorce.

Every family is different, and so dealing with divorce within your family is going to be a unique experience. However, by following basic tenets of respect and communication, you can set a healthy foundation to build from while you, your partner, and collaboration team work with the practical elements of your divorce process. At the Law Offices of Julia Brungess, we are committed to preserving the family dynamic whenever possible. If you and your partner are considering a divorce, contact us today to learn more about how a collaborative divorce can help keep your family at the center of your decision making during a difficult time.