

# HELPING CHILDREN COPE WITH SEPERATION & DIVORCE

## What to Expect

This is a big change not only for you but for your child as well you may see some changes in them as they process this transition.

### Guilt

Children will often place the blame on themselves. Ensure you express that this is not their fault!

### Anxiety

Make it clear to the child what to expect. What will their schedule look like now? What will the living arrangements be?

### Behaviour Challenges

Create a structured environment with clear expectations. Ensure expectations from both parents are similar!

### Regression

Your child may require more parental support in areas in which they were previously independent. Sleep may be disrupted, or they may want to co-sleep. Provide plenty of opportunities to engage in self-care & integrate plenty of 1:1 time with each parent.

### Withdrawing

Your child may a bit withdrawn and more independent. Ensure there is a balance between giving space & creating space for 1:1 connection with each parent.

## Your Child's Circle of Care

Your child has a large circle of care surrounding them! It is essential to tell those involved, so they are aware & can best support your child if/when big feelings arise when you aren't present!

### People to Include

School/Daycare  
Extended Family  
Emotional Support  
Parents of Close Friends  
Health Professionals (Doctor, Occupational Therapist, Therapist, etc.)

## Other Key Elements

**Don't feel as though you have to navigate this alone!**

Seek out individual therapy for your child, so they can have a safe place to share & process this life change without worrying about hurting their parents' feelings!

Don't forget about taking care of yourself in this experience also! Individual therapy is helpful for everyone!

# Separation And Divorce Helping Children Cope

**Jiyuan Zhang**



## **Separation And Divorce Helping Children Cope:**

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