

Kids

Helping children develop

DIVORCE

We don't "do court".

After court, come to us!

** We contact all parents **

- I. Divorce Boundaries
 - A. *No "smack" -- Don't talk badly about the other parent!!*
 - B. *Don't allow "talk" to come into your family about the other family*
 1. *"What happens in Vegas, stays in Vegas"*
 2. *"I love you" should be your response to kids' inquiries about the "other family"*
 - C. *Visitations:*
 1. *All communication should be by email, keep a paper trail*
 2. *No phone contact unless it's an emergency*
 3. *Week on/ week off is better for 5 and older*
 4. *Phone contact between parent and child needs to occur*
 - D. *Miscellaneous*
 1. *Don't ask your children to take messages back and forth between parents.*
 2. *Do not ask your children what is going on in the other home (they are not CIA agents!)*
 3. *Try to keep everything else in their lives as consistent as possible.*
- II. Parent who is not involved
 - A. *S/He will be "present" until the "end"*
 - B. *There is nothing you can do about the other parent's behavior, unless it is dangerous*
 - C. *Control that which you can control*
 - D. *If s/he "steps up to the plate", great!*
 - E. *If s/he does not "step up to the plate", let the inevitable take place; kids need to feel pain of deadbeat, absent parent – sooner than later*
 - F. *Stay away from being the "bad guy"*
 - G. *Let boundaries be defined by the court, not you*
- III. Time Frame
 - A. *0-6 months – Things will be terrible at home*
 - B. *6 mo – 1 yr. – Calm*
 - C. *1 – 1 1/2 yr – Regression will emerge, depends on age, i.e. wetting, poor school work, defiance*
 - D. *When a child is in therapy, things may get worse before they get better*
- IV. New Partners
 - A. *6 months – no introduction of partner, use discretion/modesty when around new friend*
 - B. *You need to parent – not the new "friend"!!*
 - C. *A second failed relationship is a second divorce for kids*