
PARENTING & DIVORCE



PARENTING THROUGH DIVORCE PRACTICAL STRATEGIES

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01 PRIORITISE STABILITY

Divorce affects children differently depending on age, personality, and circumstances. This guide offers practical strategies to support your children emotionally and maintain stability.

Here how:

1. Maintain routines
2. Communicate clearly
3. Avoid unnecessary disruption

02 MANAGING CONFLICT

Conflict harms children more than separation.

Avoid:

1. Arguments in front of children
2. Using children as messengers
3. Speaking negatively about the other parent



03 PRACTICAL TOOLS

- 1.Shared calendars
 - 2.Clear communication channels
 - 3.Agreed routines
 - 4.Predictable handovers
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04 SUPPORTING CHILDREN EMOTIONALLY

- 1.Listen
 - 2.Reassure
 - 3.Validate feelings
 - 4.Seek professional support if needed
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05 KEY QUESTIONS

- 1.What routine feels stable for my children?
 - 2.What conflict can I reduce?
 - 3.What do my children need most right now?
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