

Scroll down to continue



Part Three

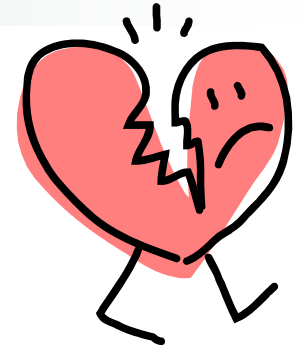
Emotional Issues

Children Love Both of Their Parents Equally

- It isn't their job to choose
 - It is your job to decide



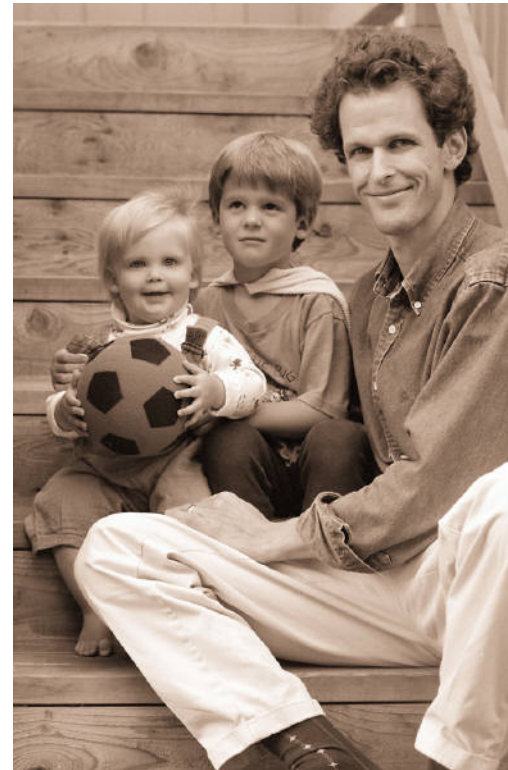
Emotional Justice



- If you are here to right an emotional wrong, Family Court is not the place
- Mediation is not about winning or losing – it's about problem solving for the best interest of your children
- Consider counseling and/or join a support group to help you

You Stop Being Partners but...

- You continue as parents
- Separate your feelings about the other parent from your child's needs
- Your children need you both



Research Findings

Children

- Who witness family violence of any kind are emotionally traumatized
- Need to be emotionally and physically safe from parental conflict
- Need a relationship with both parents



Research Findings, cont.

Children:

- Need consistency and stability from both parents, not necessarily equal time
- Do better when they know when they will be spending time with each parent
- Experience a great sense of loss in a separation and/or divorce
- Need emotional support and guidance through the process





Psychological Tasks for Children in Separation

Based on Judith Wallerstein's book Second Chances

1. Acknowledgement of the reality of the separation.
2. Disengaging from the parental conflict.
3. Resolution of loss.
4. Resolving anger and blame.
5. Achievement of realistic hope about relationships.
6. Accept the permanence of the separation.

Stages of Grief and Loss Through Separation

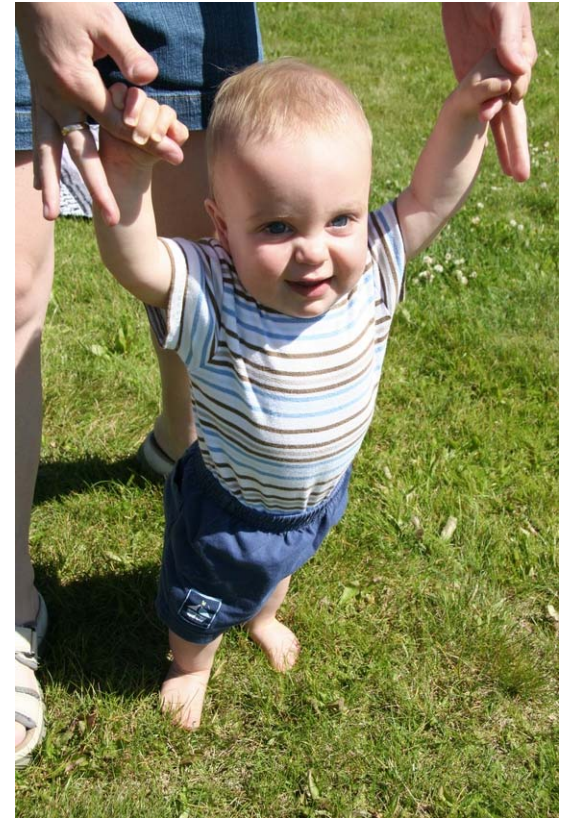
Stages	For Adults	For Children
Denial	This can't be happening. S/he will come back and we will work it out.	Mom and Dad can't be hurting me and each other like this. Its only temporary. They will get back together.
Anger	How could s/he do this to me? I'm the responsible one. S/he is not the person I knew.	How could they do this to me? If they loved me, they would stay together.
Bargaining	If we get counseling or I change, then we'll get back together.	If I am really good, maybe they will get back together.

Stages of Grief and Loss Through Separation, cont.

Stages	For Adults	For Children
Depression	I'm overwhelmed. I can't cope. It's all too much. No one understands.	It's my fault. I hate school. I hate my life. Nothing is okay.
Acceptance	It's over. I need to get on with my life and career and help our kids get their lives back to normal.	Mom and Dad are not getting back together and it's okay.
Growth	I've moved on. I know myself better. I'm ready for something new.	I don't have to pretend anymore.

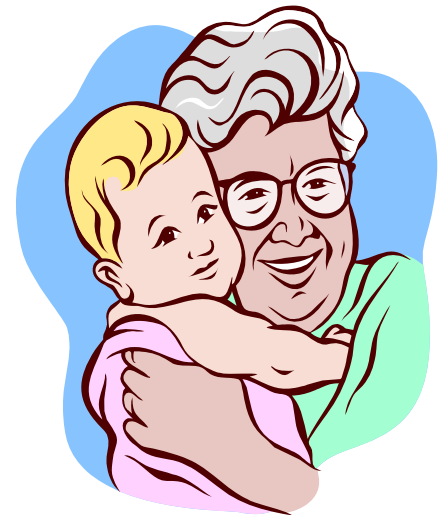
Supporting Your Children

- Support the time the child is with their other parent
- Promptly share child related information
- Tell your children they are not the cause of the separation
- Remind your children both parents will always love them and take care of them



Supporting Your Children, cont.

- Give your child permission to love both parents and their loved ones
- Enjoy and admire your children
- Give your child permission to have a positive relationship if there is a new significant other
- Don't use time with the other parent as a reward or punishment for good or poor behavior



How to Respond to Your Child's Questions

- Acknowledge the child's feelings
- Be reassuring
- Don't give too much detail
- Provide age appropriate information
- Consider professional help if needed



End of Part Three

 [Click here to continue](#)