



Children and Divorce

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Divorce brings many life changes that are particularly difficult for children. It is a time when everything feels crazy and uncertain.

No matter what your situation or experience, life will change for you and your children after a divorce. It is a confusing time for children who often are unable to grasp how parents can stop loving each other. They may worry that parents will stop loving them or abandon them. As a result, children may lose some degree of trust in others or themselves. Even when the parent's turmoil has nothing to do with them, children often feel responsible and guilty.

If there were conflicts or disagreements over parenting before a divorce, those problems will typically still be present after the divorce. Exposure to constant parental conflict and unhealthy family situations can significantly impact children's lives in a negative way. Parents have a basic responsibility to provide an environment that is understanding, reassuring, open, kind, respectful and firm.

Divorce does not doom children to years of emotional problems or lifelong dysfunction. The impact of divorce will vary with each child depending on his or her age, gender, maturity, psychological health and whether or not supportive adults continue to be a regular part of the child's life. Much will depend on how compassionately parents handle their interactions with each other and their children.

