

Lesson #31: Overview of What Affects Your Children's Emotional and Psychological State in Divorce*

**Divorced Fathers Network
Advocates Of Shared Parenting
'Because Children Love Both Their Parents'**

What Affects Your Children's Emotional and Psychological State:

1. What happened in your family before you separated and how your children were affected by it.
2. How well you and the other parent handle the changes and decisions you must make during the crisis period and into the future.
3. How well you respond to your children's needs for love, support and protection despite your own grief and fears. Children's needs will differ depending on their individual personalities.
4. How well both of you as parents organize or reorganize your home and daily routines for the children.
5. How well you keep your children out of the middle of your problems and manage your differences with the other parent.
6. How psychologically healthy you and the other parent are, especially the parent your children live with the most time.
7. How well both of you maintain your relationship with your children, despite the changes in residence and time together.
8. How successful you are in keeping the number of changes for your child to a minimum.

*from "Mom's House, Dad's House" by Isolina Ricci, 1980, 1997

Contact DFN by: phone: 831-335-5855

www.DivorcedFathers.org

Email:steve@divorcedfathers.org