

HOW TO HELP YOUR CHILDREN THROUGH DIVORCE: A GUIDE BY AGE



Infants

- Keep consistency and routine.
- Coordinate schedules with your co-parent for a similar routine.
- Ensure familiar items like blankets move between homes.
- Have all baby necessities in both houses.
- Prioritize social activities and quality time.

Toddlers (18 Months-3 Years)

- Encourage quality time with the other parent.
- Understand that separation anxiety is normal and can shift between parents.
- Maintain consistent routines for toddlers.
- Ensure toddlers have their comfort items during transitions.
- Prioritize special one-on-one time.



Young Kids (3-6 Years)

- Understand preschoolers' stress signs: irritability, defiance, disrupted sleep, and clinginess. Be patient and guide them through these emotions, teaching appropriate handling of feelings.
- Avoid oversharing about the divorce; keep explanations simple and age-appropriate.

Older Kids (7-11 Years)

- Be patient and consistent in discipline.
- Foster experiences with both parents.
- Inform the school about the divorce if behavioral issues arise.
- Avoid forcing conversations but express readiness to talk whenever they're ready.
- Listen openly to their concerns without the need to immediately fix things.



Teens (12 Years and Up)

- Offer to talk but avoid pressuring them.
- Maintain neutrality, encourage relationships with both parents.
- Understand their withdrawal as part of their growing independence.
- Avoid burdening them with your own stress; refrain from oversharing.