



## Why Some Children Adjust Poorly To Divorce

Continued fighting between parents

Loosing contact with either parent

Being asked to choose between parents

Fear of abandonment and rejection

Assuming the role of parent

Trying to make parents happy

Ongoing litigation

Parents failure to set limits and be consistent with the children

Financial changes

Being questioned about what goes on in their other parent's home

When communication between parents breaks down, children sometimes find they are able to manipulate their parents. Children will often tell tales about what they ate, what they got to do, and how they were treated at the home of the other parent.

Children manipulate in order to feel power, distract attention from their own behavior, to keep their parents connected, to please parents or to get what they want. It is important that the children abide by the rules you have established for your household and understand that the rules may be different in the other parent's home.

I believe that the parental relationship is the best predictor for how children adjust and come to accept divorce. Even though there are personal differences, when parents find ways to co-parent effectively and put their children's needs first, children can come out on the other side emotionally healthy and well adjusted.