



**ROCKY MOUNTAIN
PSYCHOLOGICAL SERVICES**

CONSULTATION CORNER

SEPARATION AND DIVORCE



SEPARATION AND DIVORCE is considered a life transitional crisis. It is a significant change in the way a family functions. Parents represent the structure, safety and foundation for their children. Children adjust to family separation over time, but they do not adjust to ongoing family conflict, cold war or ongoing divisiveness between their parents. Conflict is what creates the long-term damage for children. They love both parents even when you as partners no longer love one another. You can buffer their pain and create a new post-separation normal. As parents, you can make a difference!

COMMON QUESTIONS

- ☺ *What should we tell the children about our separation?*
- ☺ *Should we tell the children together or separately?*
- ☺ *What responses can we expect from our children?*
- ☺ *How can we minimize our children's potential distress?*
- ☺ *Should one of us keep the family home?*
- ☺ *What if there is no noticeable response?*
- ☺ *Should we set up a session with a child specialist to "check-in" with our children?*
- ☺ *What is a Parenting Plan? Do we need one?*
- ☺ *How will the children spend time with each of us?*
- ☺ *Will our separation have a lasting negative effect on our children?*
- ☺ *What resources are there for children?*
- ☺ *Our children are teenagers. Do we need a parenting plan?*
- ☺ *If our children are older, should we seek a third party "check-up" with a child and adolescent counselor?*

Rocky Mountain Psychological Services -A Division of Rocky Mountain Play Therapy Institute

<http://www.rmpsychservices.com>

1318-15th Avenue SW, Calgary, Alberta, Canada, T3C 0X7 (403) 245 - 5981 Toll Free: 1 - 866 - 819 - 8805