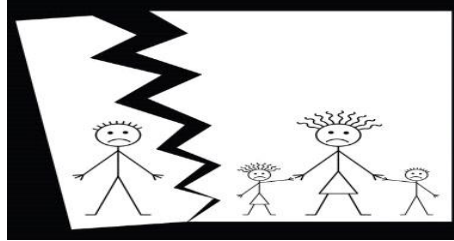


Health Hints

Divorce



Divorce is a stressful and confusing time for children. They may be sad, anxious or angry. Research shows that three factors help children adjust after divorce:

- having a strong relationship with both parents
- good parenting
- minimal exposure to conflict

Be sure to:

- allow your child to express their feelings, listen to them
- reassure your child that they are not to blame for the divorce
- tell and show your child they are loved
- keep familiar routines in both homes
- protect your child from conflict, never argue in front of them
- take care of yourself, so you can be there for your child

A great kid-friendly website is <http://www.familieschange.ca/> and there are many good books for children to help understand and sort out feelings they face over divorce.

Good websites for parents include:

http://www.caringforkids.cps.ca/handouts/separation_and_divorce

<http://www.helpguide.org/articles/family-divorce/children-and-divorce.htm>

<http://www.familieschange.ca/>



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