

*Children Coping with Divorce & Family Conflict*

## What Hurts - What Helps

**Directions:** Circle the "Things That Hurt" that your children experience. Then circle the "Things That Help" that your children experience. Make a list of goals that will result in your children experiencing less of what hurts and more of what helps.

### Things That Hurt

Witnessing Parent Conflict

Witnessing Aggression

Losing A Parent

Experiencing Chaotic Change

Surprise Divorce & Departure

Communicating Through Children

Parents Criticizing Each Other

Too Much Adult Responsibility

Children Nurturing Adults



### Things That Help

View Divorce as Family Reorganization

Develop a Vision of the Future

Minimize Conflict

Develop Functional Co-Parent Relationship

Keep Both Parents Involved

Talk to Children About Divorce

Minimize Change & Establish Routines

Parent Emotional Well-Being

Use Effective Parent Skills

Stay Emotionally Connected to Kids

Develop a Good Support System



*Your child's adjustment to your divorce involves a complicated mix of many factors. Most families do some things that help and some things that hurt. It's best to try to do more of what helps and less of what hurts.*