



PARENTING TOOLS FOR DIVORCE AND SEPARATION

The best post-divorce outcomes for your children are linked to:

- Their regular involvement and **good relationships with both parents**;
- **Low parental conflict**, including not talking negatively about your ex in front of your kids, and not discussing divorce/separation proceedings with them;
- Mentally **healthy parents**, especially the “residential parent,” the one with whom your children live most.
- **Effective co-parenting**, which supports academic, behavioral & emotional health.

The biggest post-divorce risk is a negative change in your kids’ relationship with you:

- The best scenario: You and your ex stay **physically and emotionally engaged with your kids** and offer **appropriate, consistent boundaries and discipline**;
- In contrast to parents who physically &/or emotionally withdraw or change their disciplinary habits, e.g., become more strict/severe **or** more lenient.

When you and your ex fight, the topics and your conflict-styles matter:

- Arguments with **longer-term negative effects** include: **Arguing about your kids**; putting **kids in the middle** (or letting them put themselves there); and **real or threatened physical or emotional abuse**.
- **Disrespectful conflict is toxic**, e.g., name-calling, sarcasm, screaming, dismissiveness.
- **Unresolved conflicts linger**: If you and your ex leave a fight without *some* resolution, e.g., a workable compromise, apology, agreement to disagree, promise to follow-up, laughter, affection, or any other type of closure, **kids often blame themselves**, they **worry** about recurring conflict, and **don’t learn how to disagree productively**.

Support programs for kids—e.g., school groups for children of divorce—and for co-parents—e.g., parenting classes, coaching—really help limit the negative fallout for everyone, especially children.

PARENT ALLIANCE® FOR DIVORCE OR SEPARATION (PADS)* is a coaching program that helps parents **ease the impact** of divorce/separation on their kids, and on parents themselves, through practical, easy-to-learn tools for **positive communication**, **productive conflict** and **conflict resolution**. Parents who do PADS together also create **co-parenting guidelines** based on jointly-designed agreements, and strengthen **teamwork** and **collaboration**, which are key to co-parenting effectiveness.

To book your **COMPLIMENTARY PADS STRATEGY SESSION** contact:

Rhona@ParentAlliance.com



* Created by Certified Coach, Rhona Berens, PhD, CPCC, PADS is a confidential program tailored to your needs. Rhona works with clients throughout North America by phone and online video, & in person in Sonoma County, California.

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