

# Families Interrupted: Helping parents and children heal after a divorce

## Issues Kids face:

1. The messenger
2. The Loyalty Bind

## Issues Parents Face:

1. Mining for information
2. Negative talk

## What are the strategies to help kids?

1. Understand the child's needs beyond your own
2. Separate what their behaviors are from the issues in the divorce
3. Avoid making drastic changes to your relationship with them until things settle
4. Finding ways to communicate with your ex consistently about the kids

## When you know it is going right versus wrong

1. Understanding normal child behaviors versus what your children may be doing
2. Maintaining the parenting boundaries that you planned as a two parent family

The Messenger:

How often is the child sharing/am I getting information?	
Is it wrong that they share information?	
What can I share with them?	
When does this become a problem?	

Loyalty Bind:

How do I recognize it?	
How do I end it for my child?	

Mining for information:

What can I get from them?	
What do I share with them?	

Negative talk:

When can I express how I feel?	
At what age do kids get to know what happened?	
How does my negative talk and feelings affect my child?	

The child's needs beyond your own:

How do I figure out their needs?	
How do I address the needs that relate to the other parent?	
How do I know I am doing it right?	

Recognizing behaviors that are from the issues in the divorce:

What are the behaviors?	
How do I know they are different from other behavior issues?	
What do I do?	

Drastic Changes and communication with your ex:

What are considered drastic changes?	
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How do I include them?	
How to create positive communication in a negative situation?	

Normal Child behaviors versus what I am seeing:

How do I know the difference?	
What do I do when I see the difference?	
What does support look like from the child's perspective?	

Maintaining the parenting boundaries:

Should boundaries change because I am divorced?	
What should guide what boundaries I have with my kids?	
The one question that always helps?	