

## **13 THINGS KIDS WANT PARENTS TO KNOW**

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Excerpted from "Divorce from the Kids' Point of View"

1. We need to know you love us, will protect us, and won't leave us
2. Help us get organized for going back and forth. Be patient
3. Listen to our questions and opinions even if you don't agree
4. Accept that we need a lot of time to adjust, even if we don't shot it.
5. Keep you conflicts and dislike of each other out of sight and earshot.
6. Keep us out of the middle of your problems. We are just kids.
7. Don't ask us to spy, pass on messages, or hear you put-down the other parent.
8. Give us a chance to talk with kids who are also going through this.
9. Help us express our feelings and learn how to manage them.
10. Give us space and time to grieve the loss of our old life at our own pace.
11. Confide in people your own age. We are not your substitute spouse.
12. Tell us we aren't at fault for your problems. We can't fix them either.
13. Show us its OK to love and want to be with both of you