



10 Ways to Minimize Conflict for Children

Guidelines to promote a healthy environment for children during and after parental separation or divorce:

1. Establish clear, consistent schedules and rules to provide stability and predictability for the children.
2. Act responsibly and ensure the children feel secure, knowing that a responsible adult is taking care of them.
3. Avoid making derogatory remarks or speaking negatively about the other parent when the children are present.
4. Refrain from using the child as a messenger to relay messages to the other parent.
5. Do not involve the child in discussions or inquiries about the other parent's personal life or household.
6. Avoid leaning on the child for emotional support or treating them as a confidante to vent your frustrations.
7. Keep discussions about financial or emotional aspects of the divorce, away from the children (e.g. child support).
8. Never ask the child to keep secrets from the other parent, promoting an open and honest atmosphere.
9. Strive to create stability and consistency for the children.
10. Seek the emotional support you need to navigate this transition, allowing you to focus better on meeting your child's needs.

